



US010600018B2

(12) **United States Patent**
Kamath

(10) **Patent No.:** **US 10,600,018 B2**
(45) **Date of Patent:** ***Mar. 24, 2020**

(54) **DATA PROCESSING SYSTEMS FOR
PROCESSING AND ANALYZING DATA
REGARDING SELF-AWARENESS AND
EXECUTIVE FUNCTION**

(71) Applicant: **ExQ, LLC**, Atlanta, GA (US)

(72) Inventor: **Sucheta A. Kamath**, Atlanta, GA (US)

(73) Assignee: **ExQ, LLC**, Atlanta, GA (US)

(*) Notice: Subject to any disclaimer, the term of this
patent is extended or adjusted under 35
U.S.C. 154(b) by 0 days.

This patent is subject to a terminal dis-
claimer.

(21) Appl. No.: **16/259,907**

(22) Filed: **Jan. 28, 2019**

(65) **Prior Publication Data**
US 2019/0228365 A1 Jul. 25, 2019

Related U.S. Application Data

(63) Continuation-in-part of application No. 15/644,697,
filed on Jul. 7, 2017, now Pat. No. 10,191,830.

(51) **Int. Cl.**
A63F 9/00 (2006.01)
G06Q 10/06 (2012.01)
G06N 20/00 (2019.01)

(52) **U.S. Cl.**
CPC **G06Q 10/06393** (2013.01); **G06N 20/00**
(2019.01)

(58) **Field of Classification Search**
None
See application file for complete search history.

(56) **References Cited**

U.S. PATENT DOCUMENTS

5,678,001 A 10/1997 Nagel et al.
6,299,452 B1 10/2001 Wasowicz et al.
(Continued)

FOREIGN PATENT DOCUMENTS

EP 1387644 2/2004
EP 1798701 12/2008
(Continued)

OTHER PUBLICATIONS

Blackwood, Tony (2010) Metaknowledge in higher education :
self-assessment accuracy and its association with academic achieve-
ment. Doctoral thesis, Northumbria University; http://nrl.northumbria.ac.uk/2233/1/blackwood.tony_dba.pdf.

(Continued)

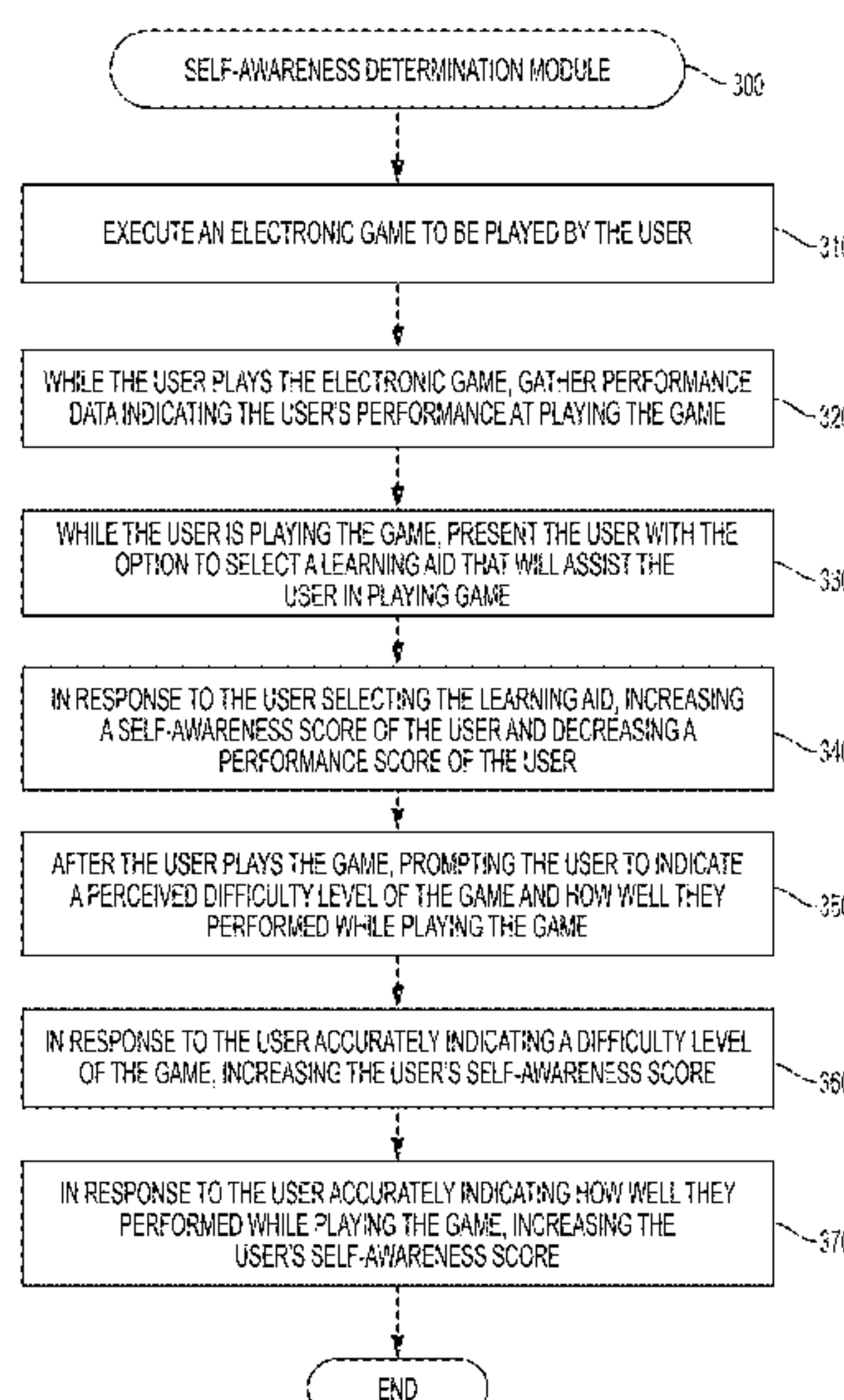
Primary Examiner — Seng H Lim

(74) *Attorney, Agent, or Firm* — Brient IP Law, LLC

(57) **ABSTRACT**

Data processing computer systems that may be adapted for processing data by, for example: creating an electronic record for a self-awareness training plan; facilitating the completion of one or more electronic activities by the user; gathering self-awareness data and performance data; automatically calculating an executive function score based at least in part on the self-awareness data and the performance data; digitally storing the performance data, the self-awareness data, and the executive function score; identifying one or more goals for the user based at least in part on the performance data and the self-awareness data; providing one or more strategies to the user; gathering strategy data for the user related to the provided one or more strategies; automatically evaluating the strategy data to calculate, for the user, an executive function progression score; and digitally storing the executive function progression score with the record for the self-awareness training plan.

29 Claims, 23 Drawing Sheets



(56)

References Cited**U.S. PATENT DOCUMENTS**

6,422,869	B1	7/2002	Nagarajan et al.
6,626,679	B2	9/2003	Skeans et al.
6,749,436	B1	6/2004	Dannenberg
6,767,213	B2	7/2004	Fleishman
7,052,277	B2	5/2006	Kellman
7,136,617	B2	11/2006	Libby
7,186,116	B2	3/2007	Klingberg
7,540,615	B2	6/2009	Merzenich et al.
7,773,097	B2	8/2010	Merzenich et al.
7,887,329	B2	2/2011	Greenspan et al.
8,197,258	B2	6/2012	Delahunt et al.
8,206,156	B2	6/2012	Merzenich et al.
8,210,851	B2	7/2012	Wade et al.
8,215,961	B2	7/2012	Merzenich et al.
8,348,671	B2	1/2013	Delahunt et al.
8,408,915	B2	4/2013	Hardy et al.
8,463,245	B2	6/2013	Bilange
8,628,331	B1	1/2014	Wright
8,979,538	B2	3/2015	Michelstein et al.
9,047,611	B2	6/2015	Krishnamoorthy et al.
9,302,179	B1	4/2016	Merzenich et al.
9,308,445	B1	4/2016	Merzenich et al.
9,349,300	B2	5/2016	Harkness
9,358,450	B2	6/2016	Nova
9,520,069	B2	12/2016	Wood et al.
9,530,329	B2	12/2016	Rudolph
9,649,552	B2	5/2017	Blank et al.
10,042,538	B2	8/2018	Baughman et al.
2005/0153263	A1	7/2005	De Ley et al.
2005/0153267	A1	7/2005	Goldman et al.
2005/0164152	A1	7/2005	Lawson
2005/0277099	A1	12/2005	Van Schaack et al.
2006/0029920	A1	2/2006	Bruno et al.
2006/0121427	A1	6/2006	Skoglund et al.
2007/0065789	A1	3/2007	Goldman et al.
2007/0134635	A1	6/2007	Hardy et al.
2007/0134636	A1	6/2007	Chan et al.
2007/0141541	A1	6/2007	Chan et al.
2007/0166675	A1	7/2007	Atkins et al.
2007/0218439	A1	9/2007	Delahunt et al.
2007/0218440	A1	9/2007	Delahunt et al.
2007/0219958	A1	9/2007	Park et al.
2007/0232223	A1 *	10/2007	Bilange H04M 1/72552 455/3.06
2008/0003558	A1	1/2008	Chan et al.
2009/0088236	A1	4/2009	Laude et al.
2009/0253108	A1	10/2009	Daly
2009/0270155	A1	10/2009	Glass et al.
2010/0092933	A1	4/2010	Kuchera et al.
2010/0113152	A1	5/2010	Shmuel
2011/0184958	A1 *	7/2011	Krishnamoorthy G06Q 30/02 707/749
2012/0028230	A1	2/2012	Devereux
2012/0046569	A1	2/2012	Johnstone et al.
2012/0208169	A1	8/2012	Nutley et al.
2012/0237915	A1	9/2012	Krohner et al.
2012/0238831	A1	9/2012	Benford
2012/0288845	A1	11/2012	Kumar
2013/0177882	A1	7/2013	Tharanathan et al.
2013/0203027	A1	8/2013	De Villers-Sidani et al.
2013/0302762	A1	11/2013	Zhou et al.
2014/0227670	A1	8/2014	Sternberg et al.
2014/0272910	A1	9/2014	Del Ninno et al.

2014/0335487	A1	11/2014	Hinman et al.
2014/0349261	A1	11/2014	Dennis et al.
2014/0370479	A1	12/2014	Gazzaley
2015/0004577	A1 *	1/2015	Wu G09B 19/00 434/236
2015/0137449	A1 *	5/2015	Blank A63F 3/0415 273/272
2015/0187221	A1	7/2015	Hinman et al.
2015/0278740	A1	10/2015	Kennerly et al.
2015/0279226	A1	10/2015	Harrison et al.
2015/0325133	A1	11/2015	Gagliani et al.
2016/0005320	A1	1/2016	Decharms et al.
2016/0262680	A1	9/2016	Martucci et al.
2016/0263483	A1	9/2016	Le
2016/0293033	A1	10/2016	Anderson-Hanley
2016/0293049	A1	10/2016	Monahan et al.
2016/0302710	A1	10/2016	Alberts et al.
2016/0328992	A1	11/2016	Sasidhar et al.
2017/0046971	A1	2/2017	Moreno
2017/0053540	A1	2/2017	Meagher
2017/0076318	A1	3/2017	Goswami et al.
2017/0098385	A1	4/2017	Martucci et al.
2017/0173471	A1	6/2017	Knutsson et al.

FOREIGN PATENT DOCUMENTS

EP	2031572	12/2009
WO	2011030337	3/2011

OTHER PUBLICATIONS

Final Office Action, dated May 2, 2018, from corresponding U.S. Appl. No. 15/644,695.

Final Office Action, dated May 25, 2018, from corresponding U.S. Appl. No. 15/644,697.

Hardest Free Brain Game; 2014; <https://play.google.com/store/apps/details?id=com.theinvader360.braintraining.fourgamesonescreen.free&hl=en>.

International Search Report, dated Nov. 23, 2018, from corresponding International Application No. PCT/US2018/041325.

Invitation to Pay Additional Search Fees, dated Sep. 24, 2018, from corresponding International Application No. PCT/US2018/041325.

Multitask; Mar. 2016; <https://web.archive.org/web/20160325225709/http://www.onemorelevel.com/game/multitask>.

Notice of Allowance, dated Jul. 18, 2018, from corresponding U.S. Appl. No. 15/644,695.

Notice of Allowance, dated Nov. 7, 2018, from corresponding U.S. Appl. No. 15/644,697.

Office Action, dated Dec. 8, 2017, from corresponding U.S. Appl. No. 15/644,697.

Office Action, dated Feb. 2, 2018, from corresponding U.S. Appl. No. 15/644,703.

Office Action, dated Jan. 24, 2018, from corresponding U.S. Appl. No. 15/644,700.

Office Action, dated Nov. 21, 2017, from corresponding U.S. Appl. No. 15/644,695.

Written Opinion of the International Searching Authority, dated Nov. 23, 2018, from corresponding International Application No. PCT/US2018/041325.

International Preliminary Report on Patentability, dated Jan. 16, 2020, from corresponding International Application No. PCT/US2018/041325.

* cited by examiner

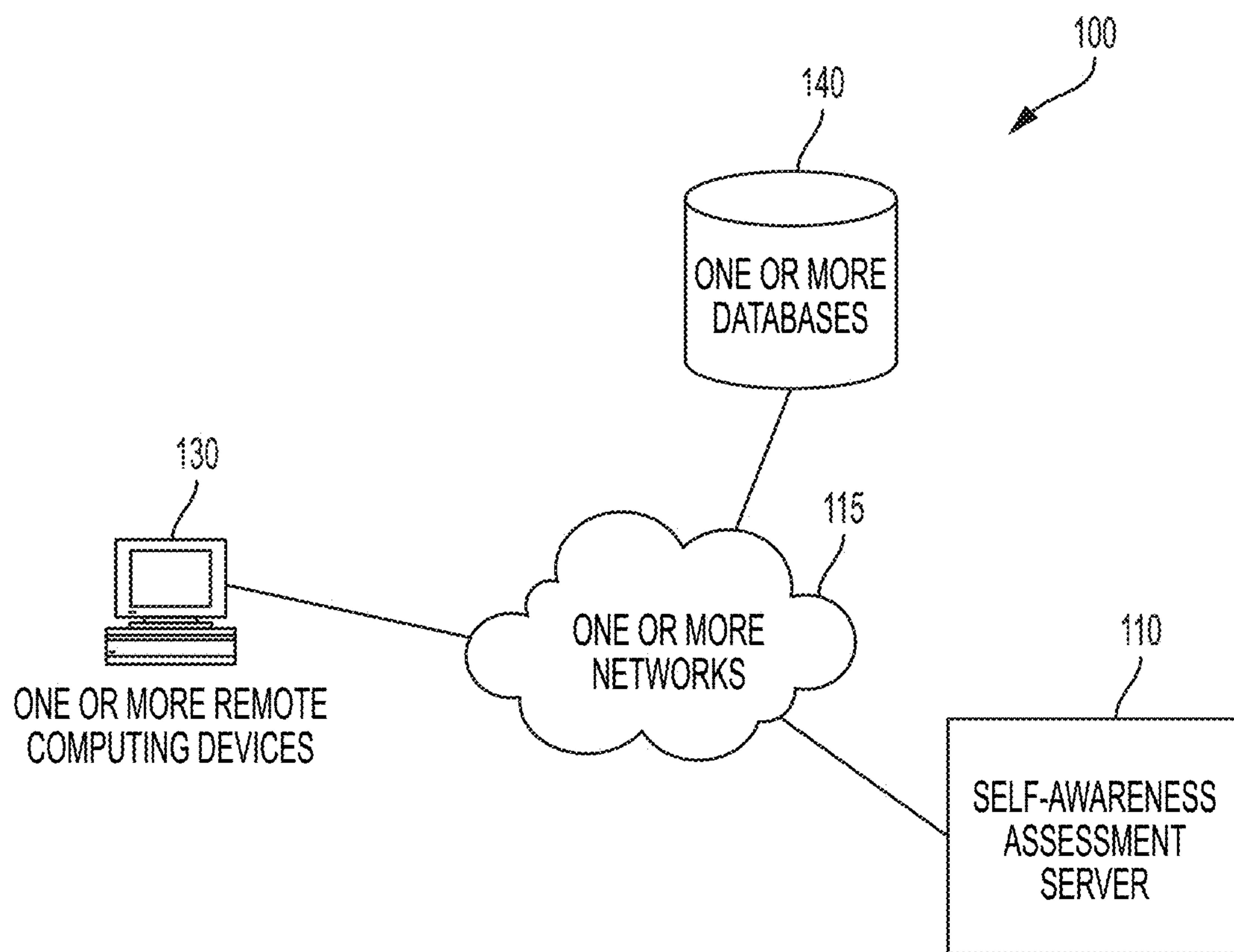


FIG. 1

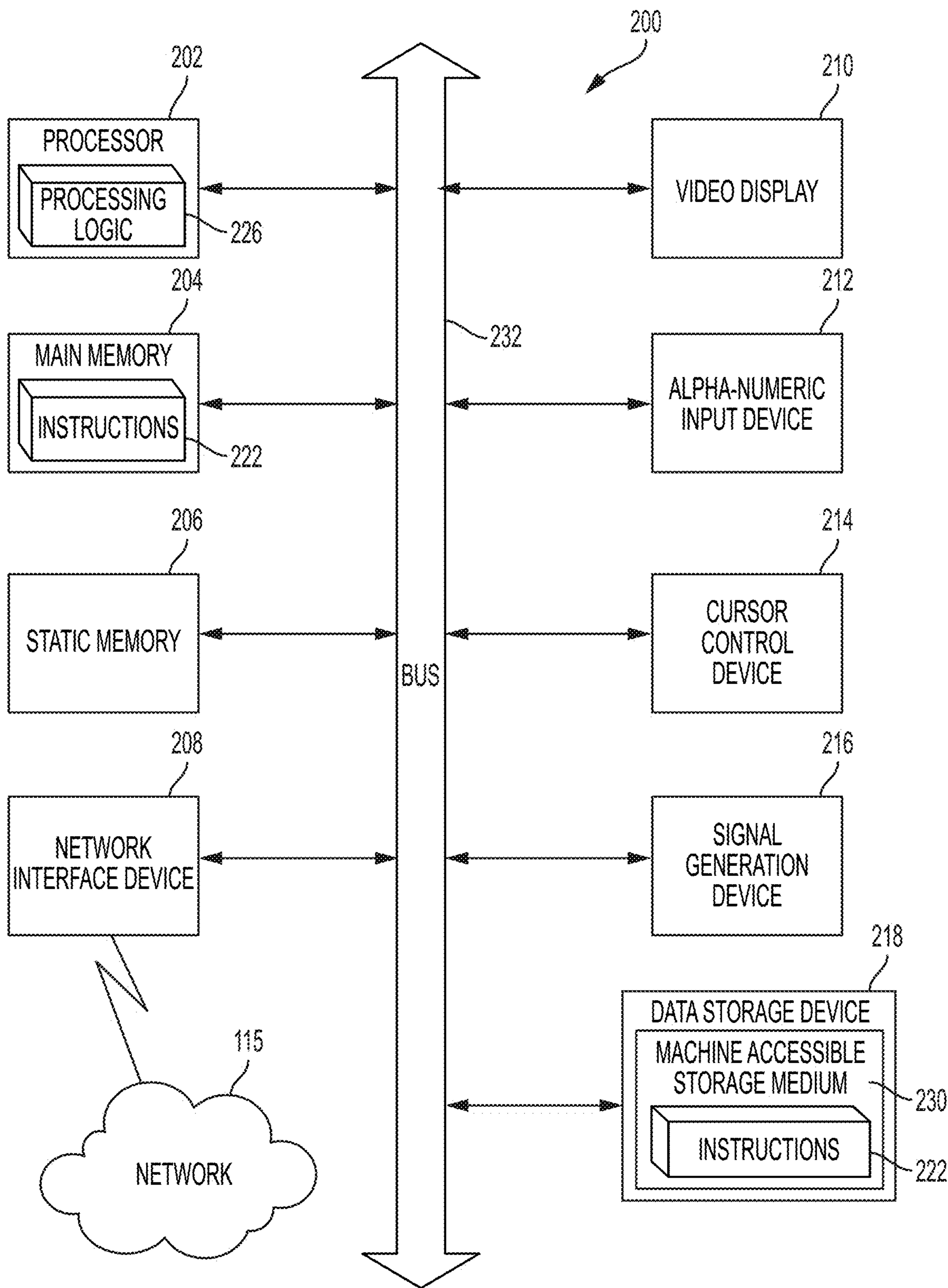


FIG. 2

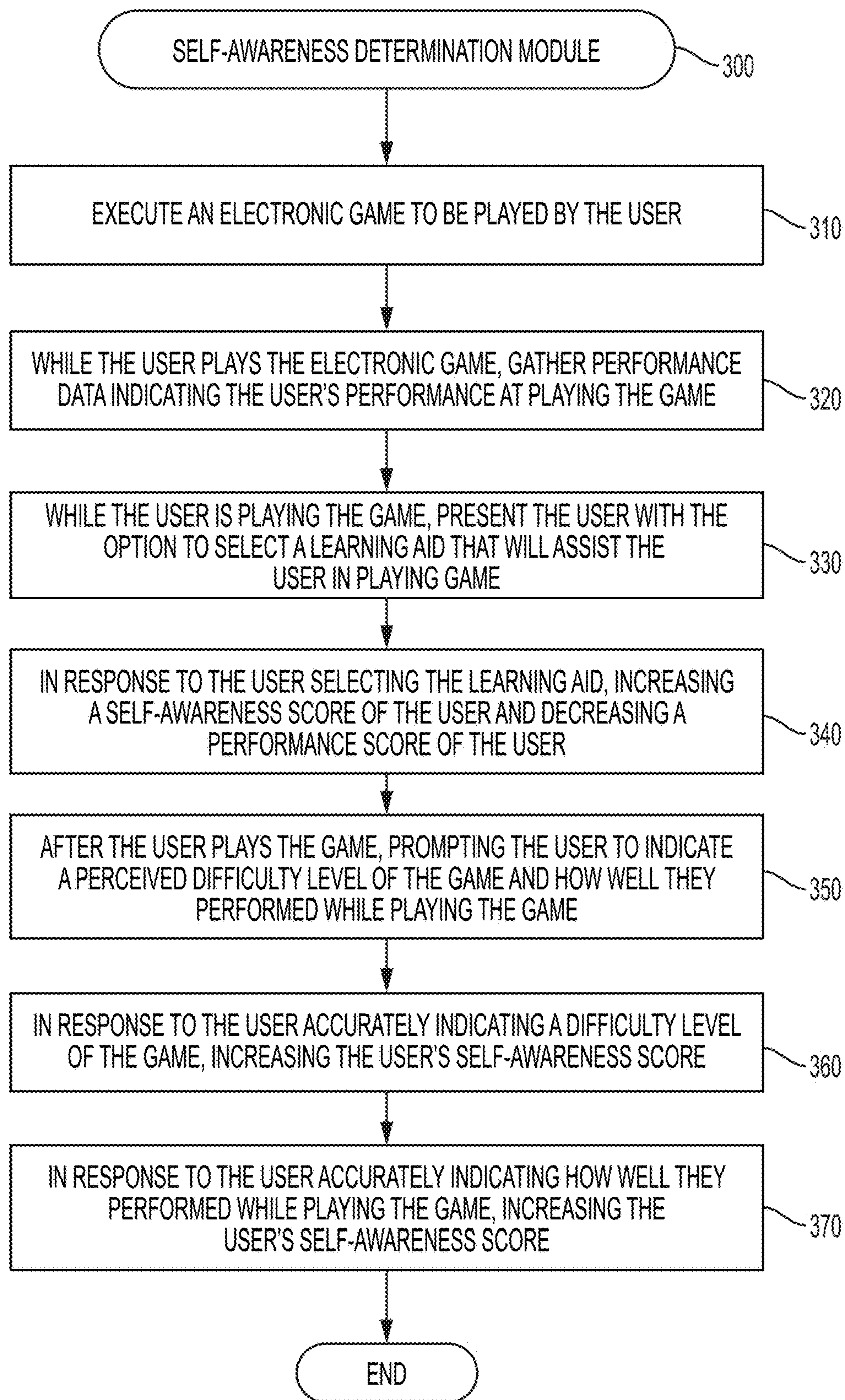


FIG. 3

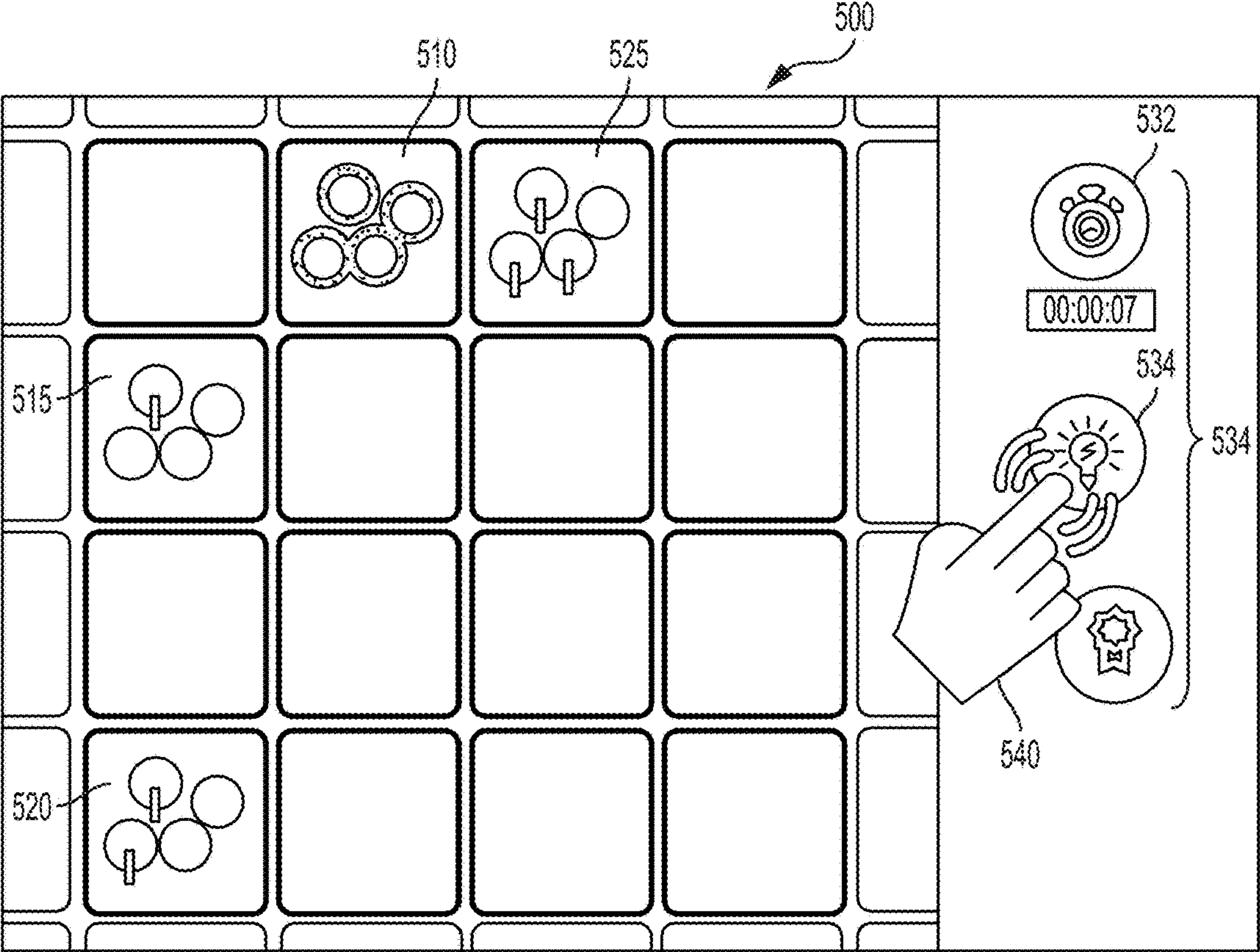


FIG. 4

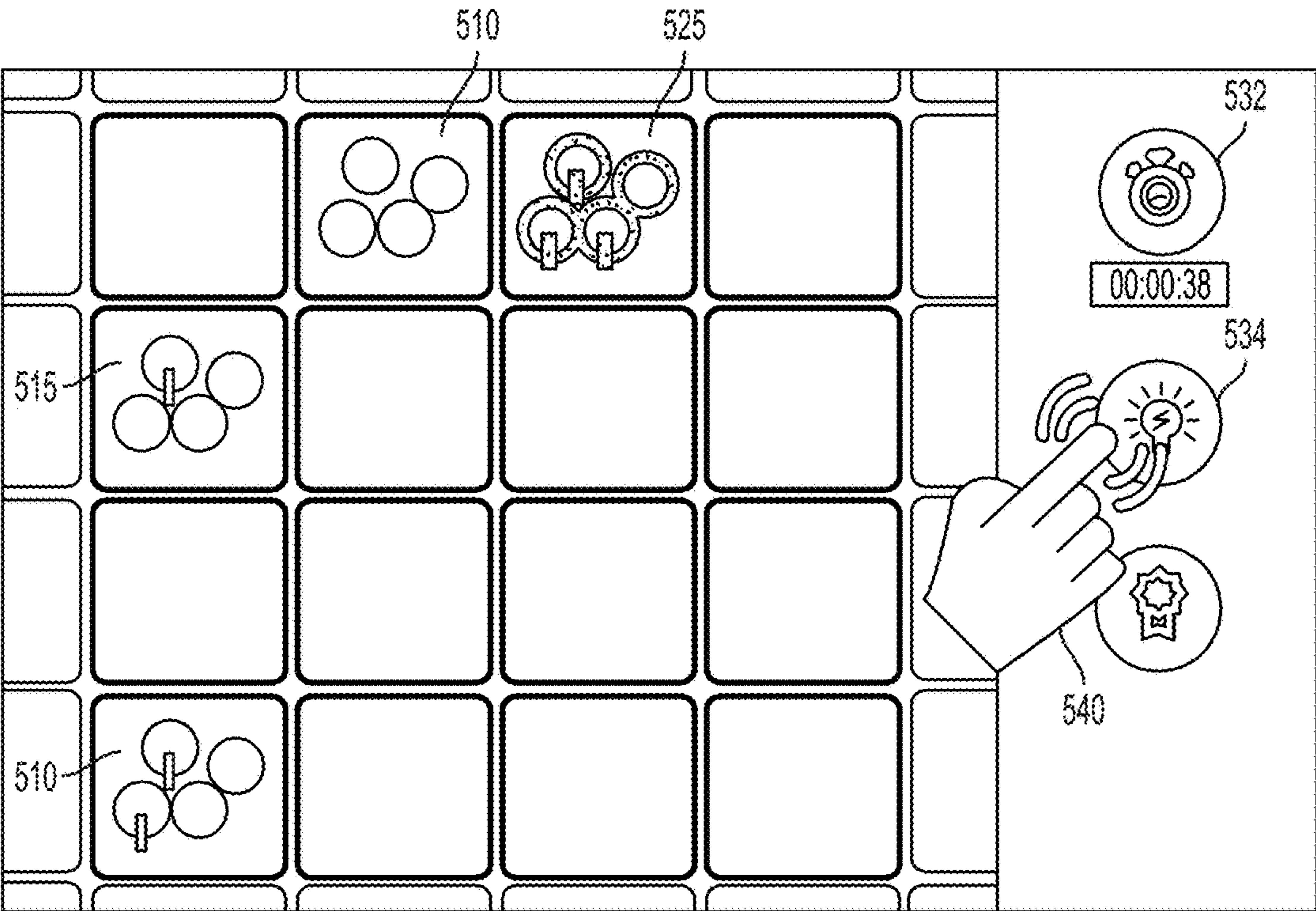


FIG. 5

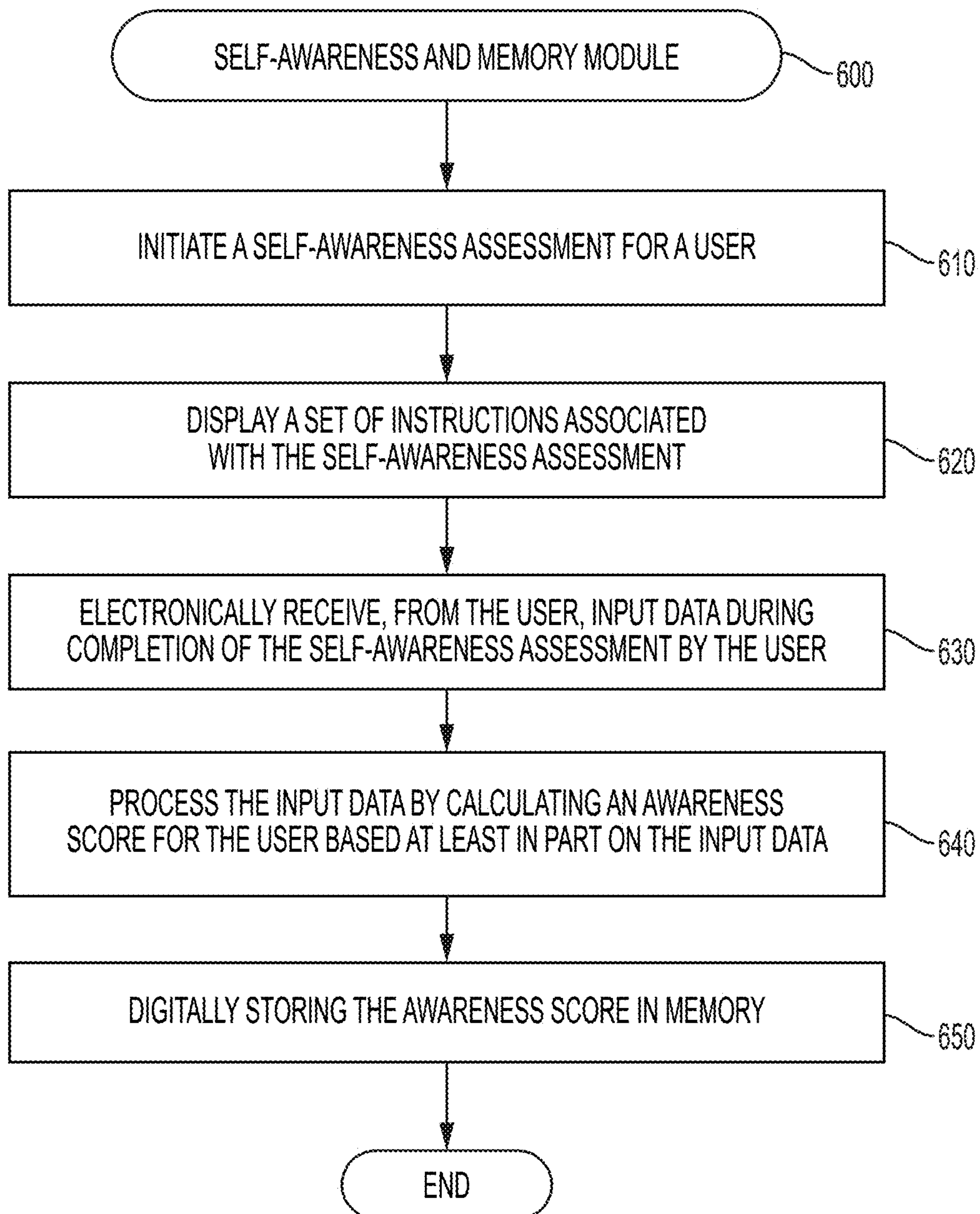


FIG. 6

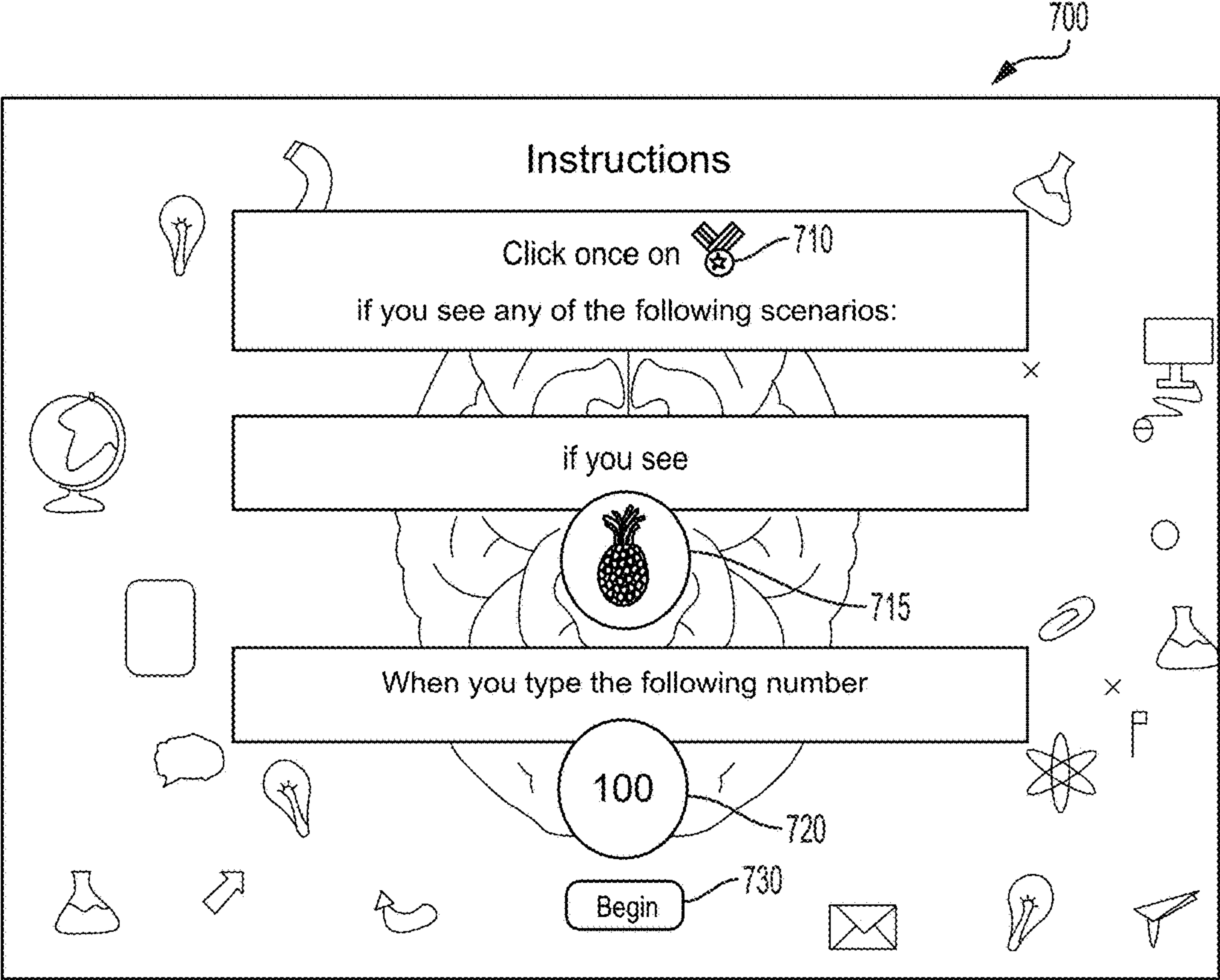


FIG. 7

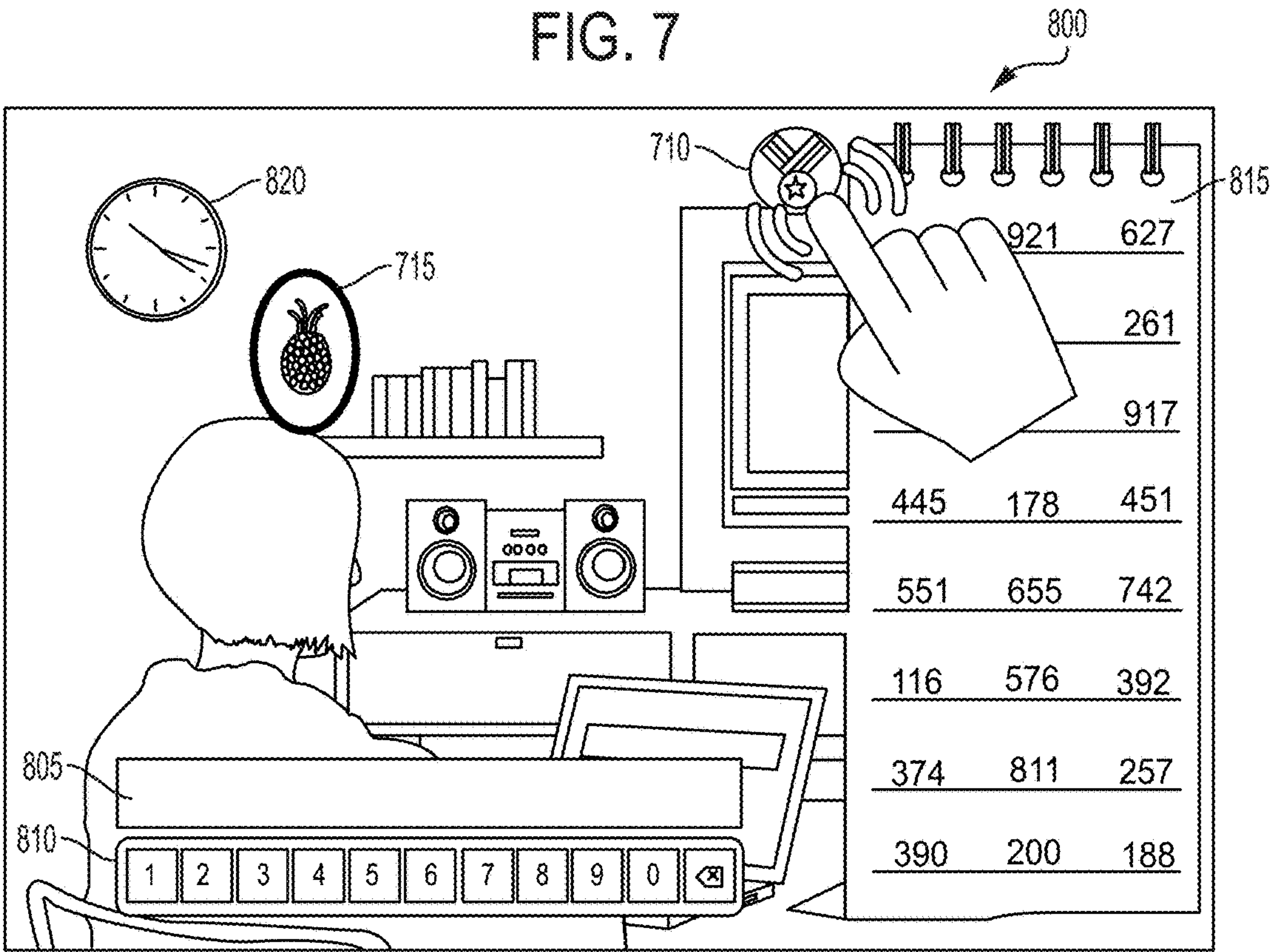


FIG. 8

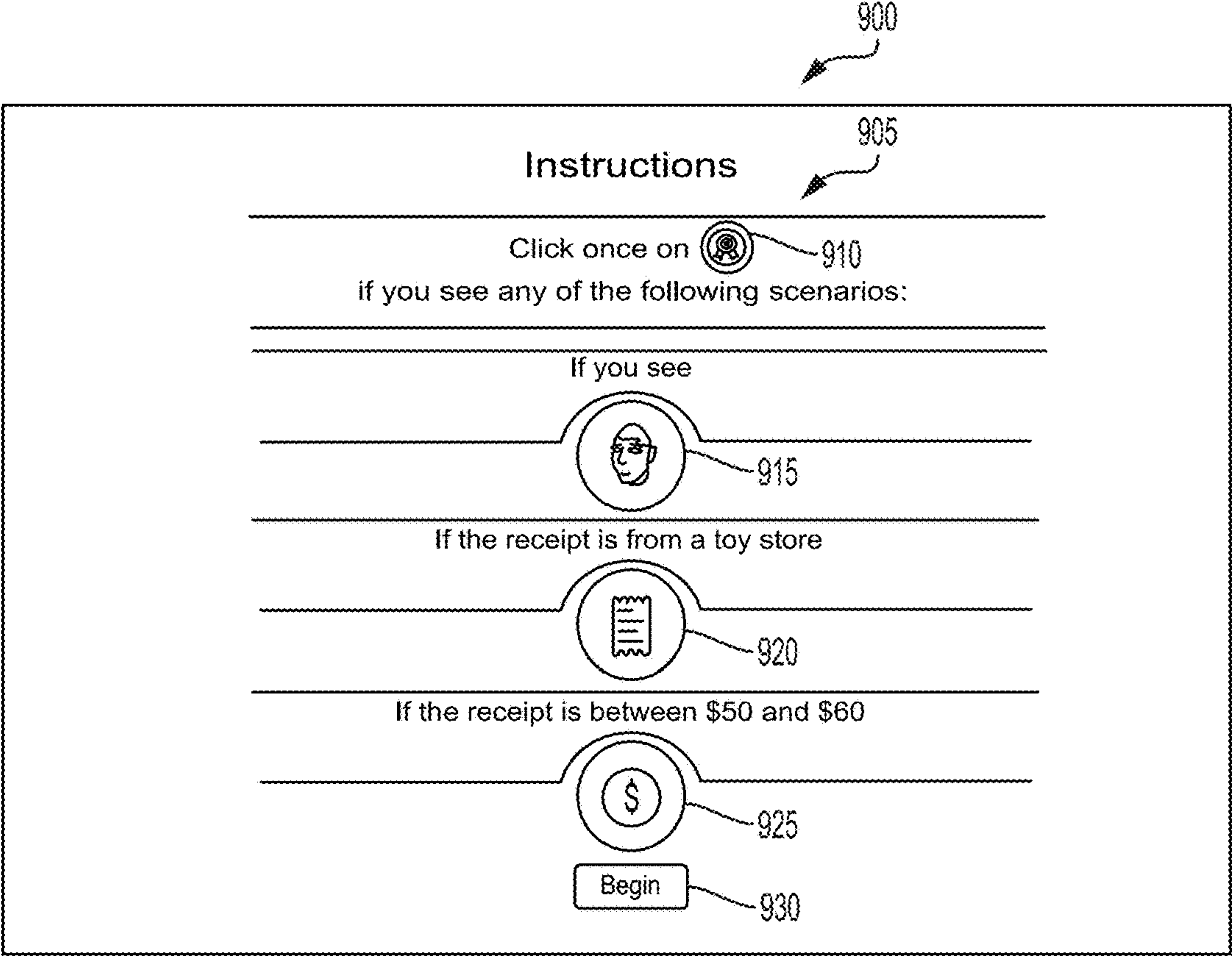


FIG. 9

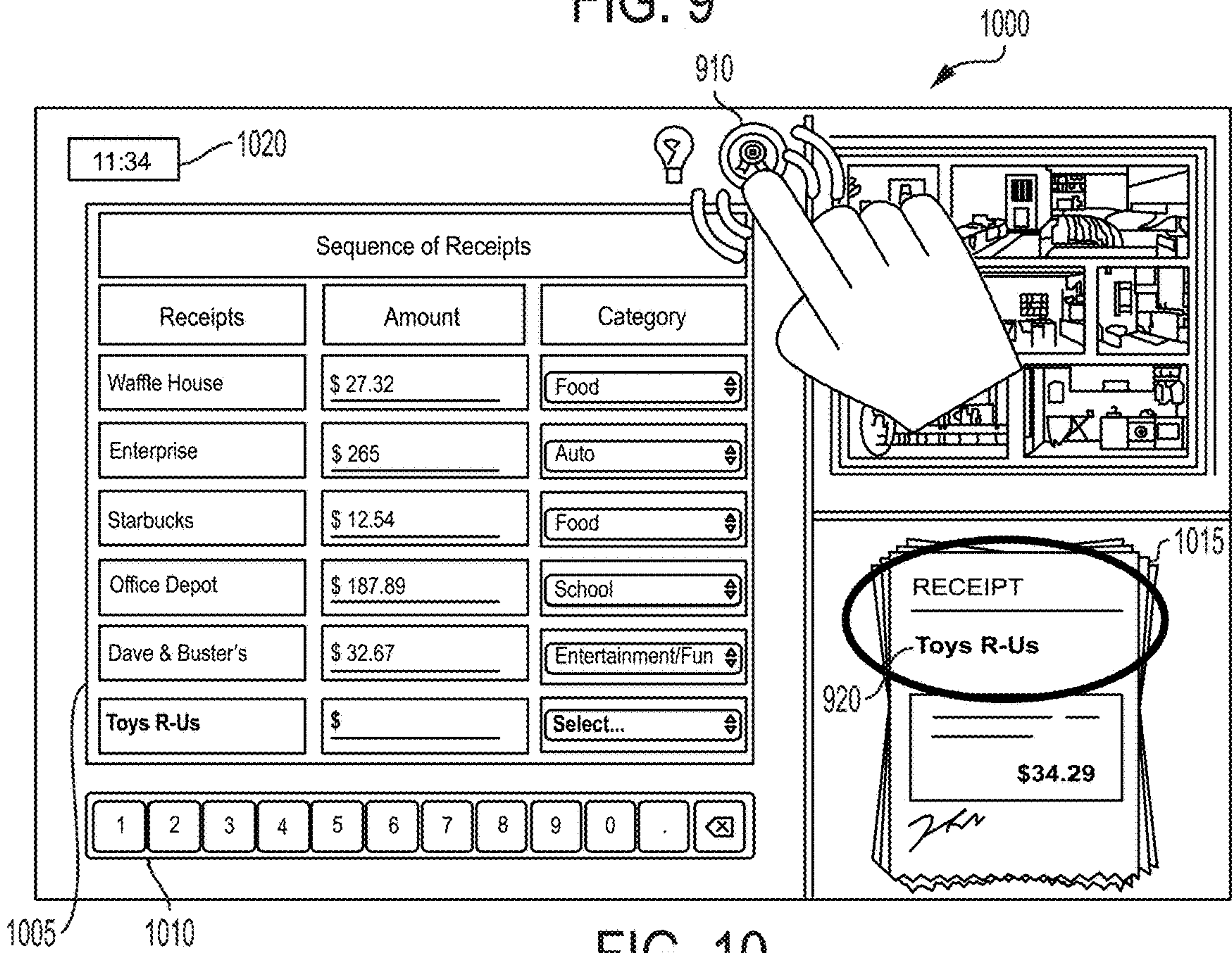
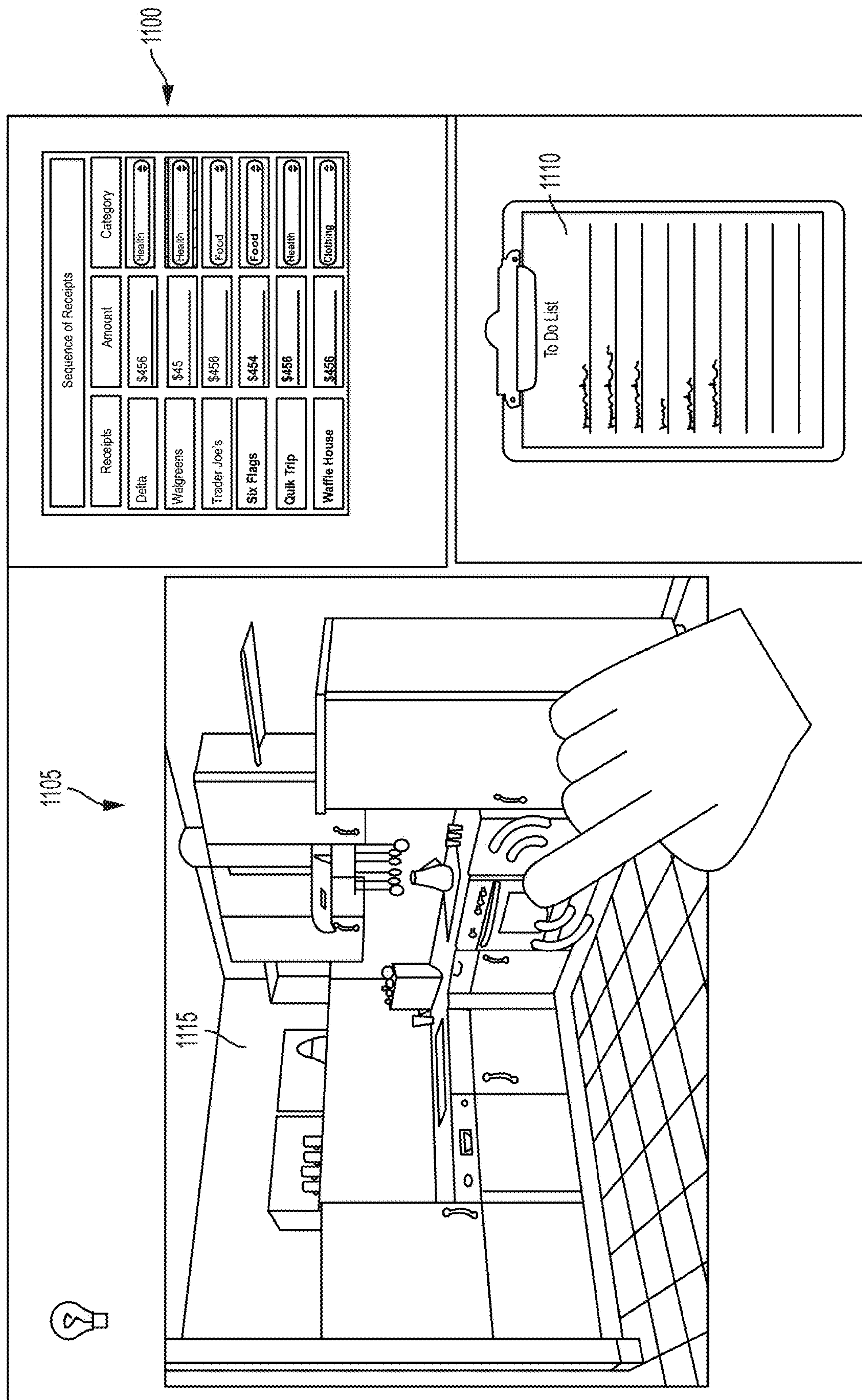


FIG. 10



7
 7
 8
 9
 9

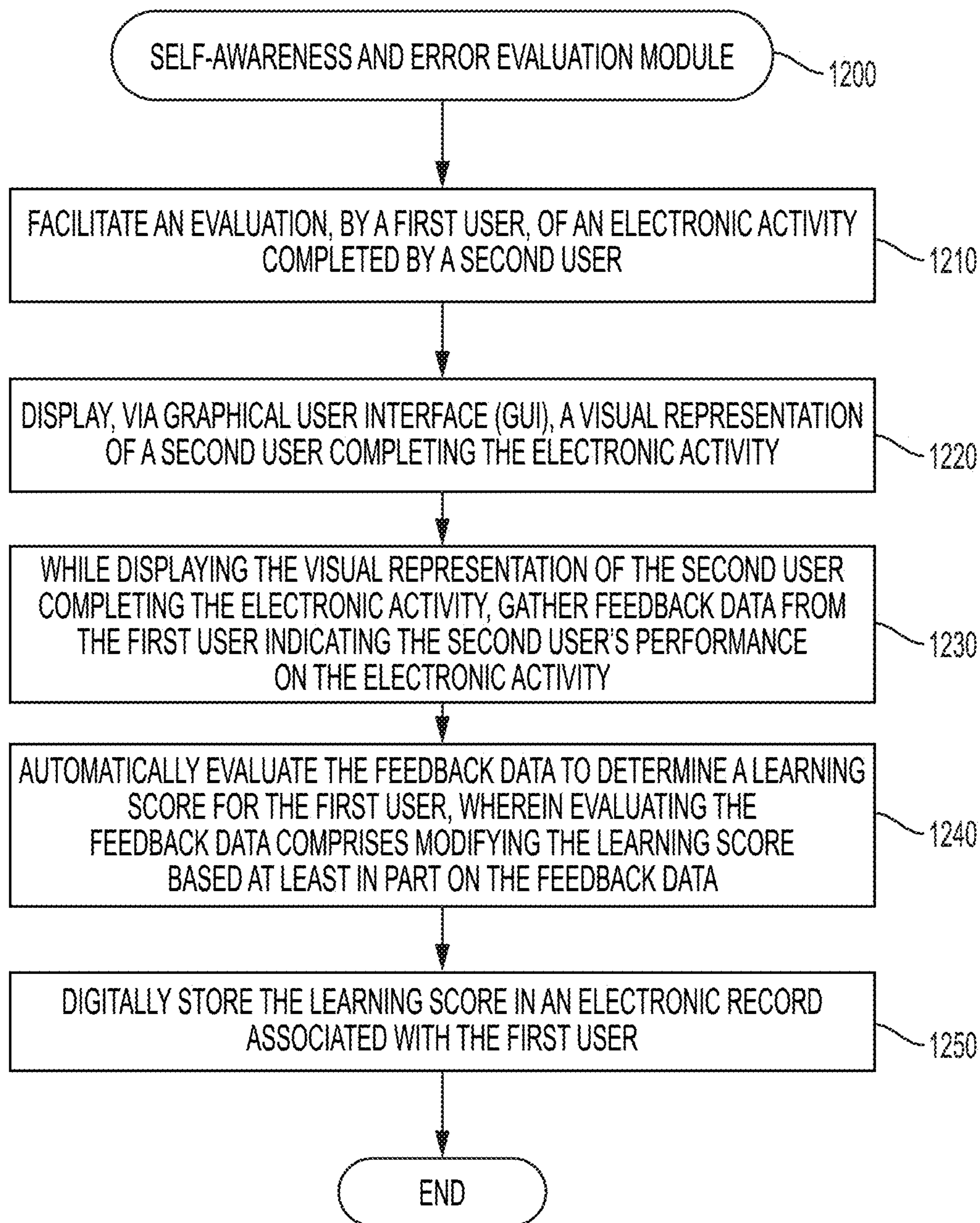


FIG. 12

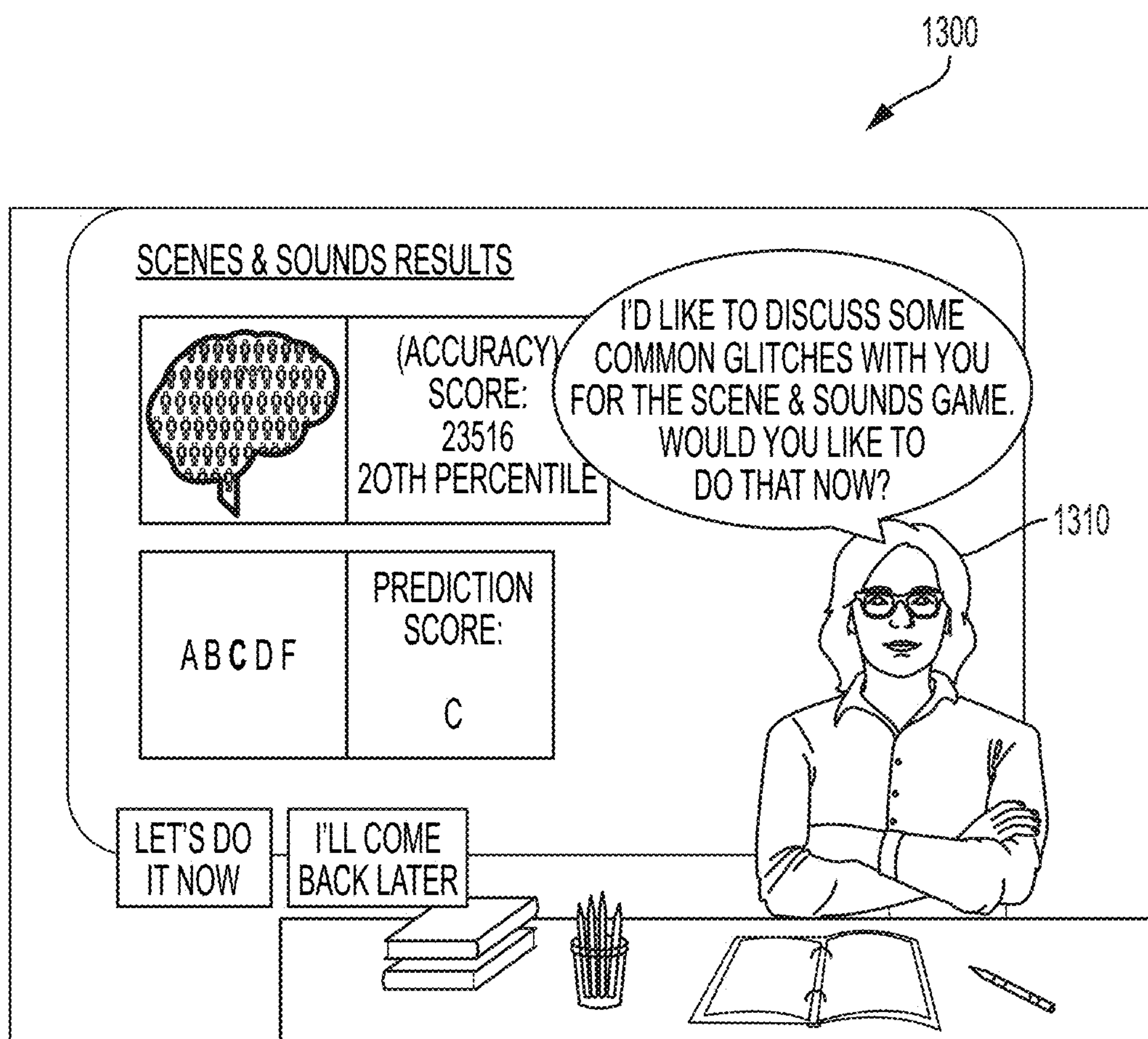


FIG. 13

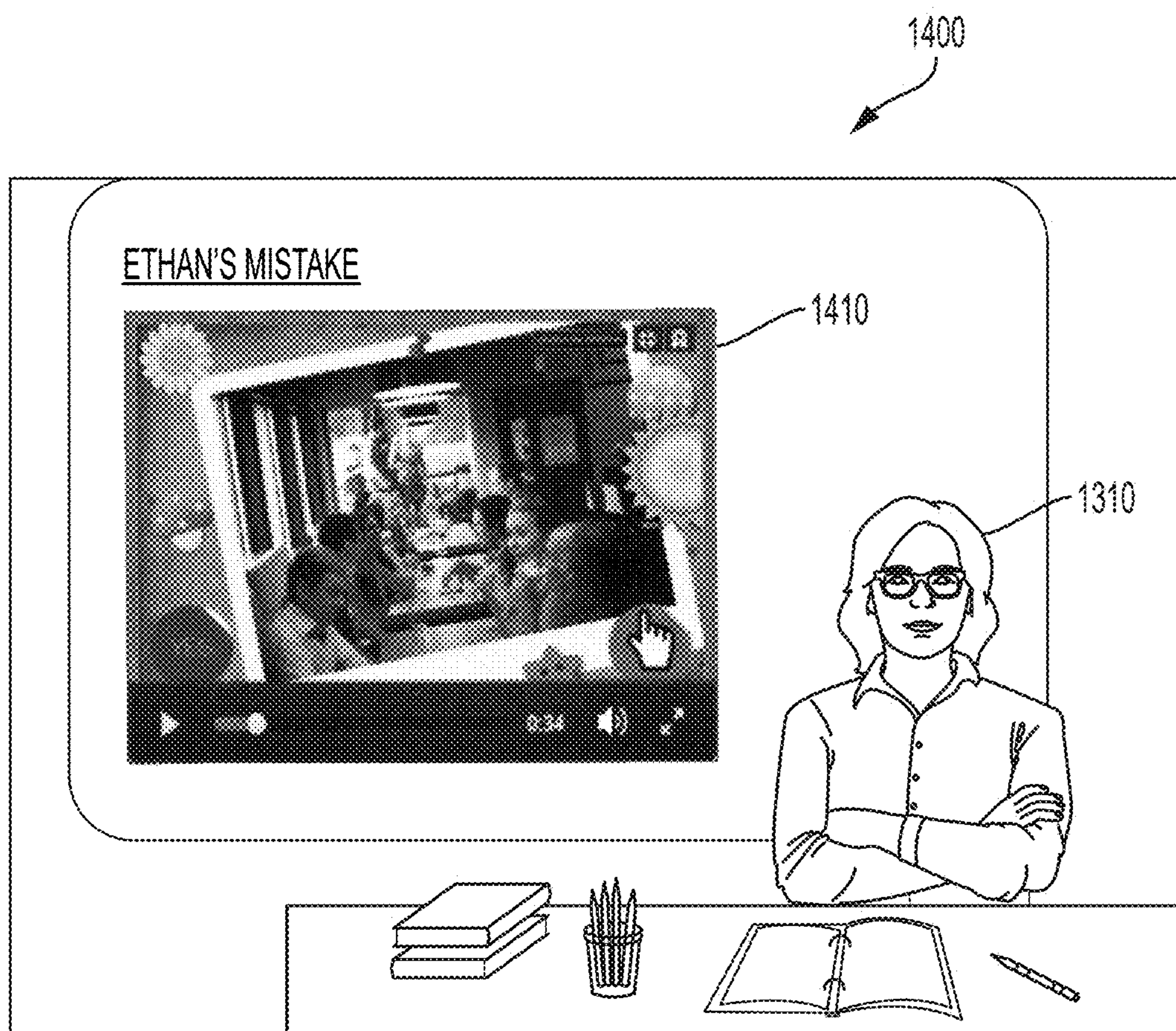


FIG. 14

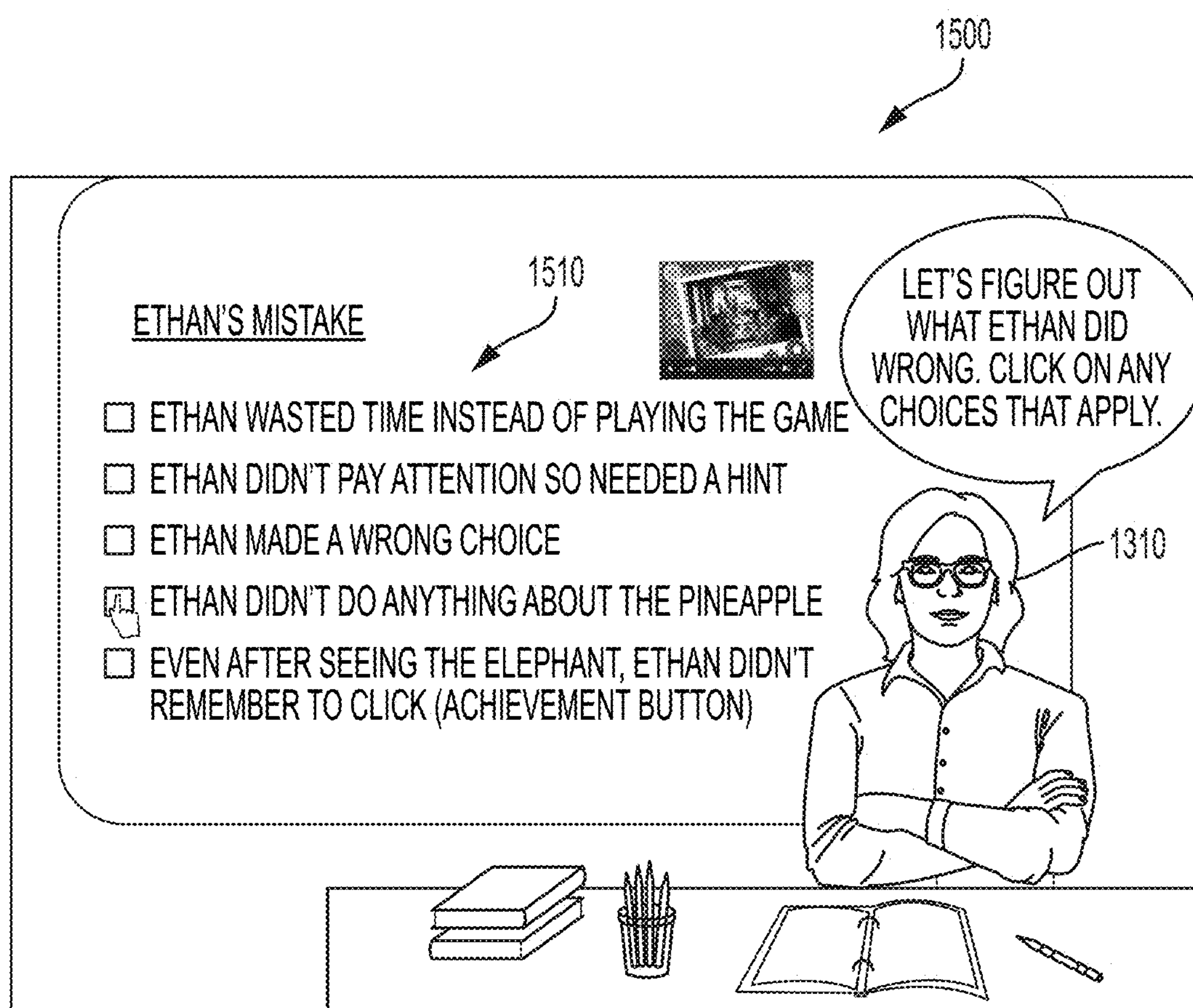
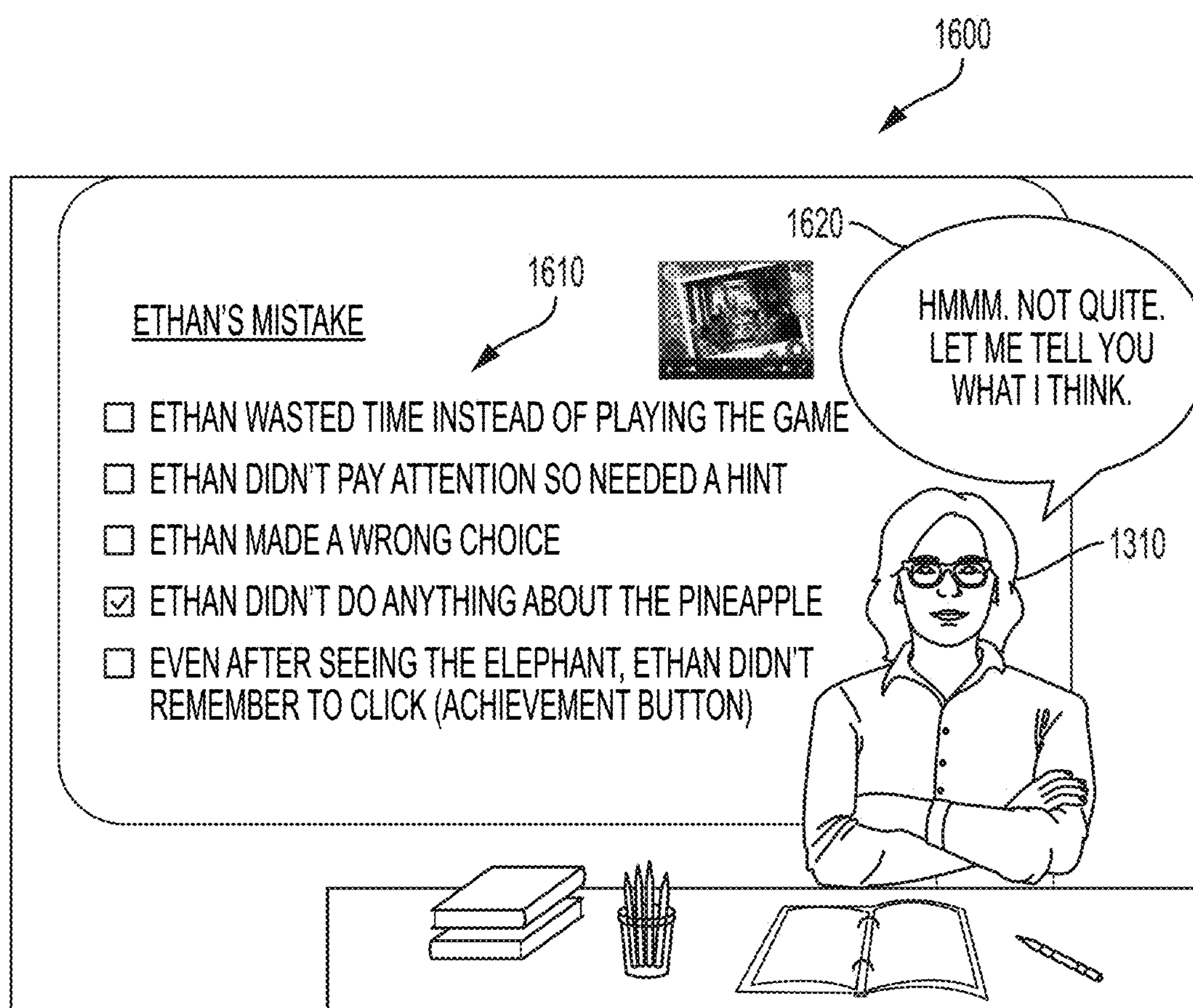


FIG. 15



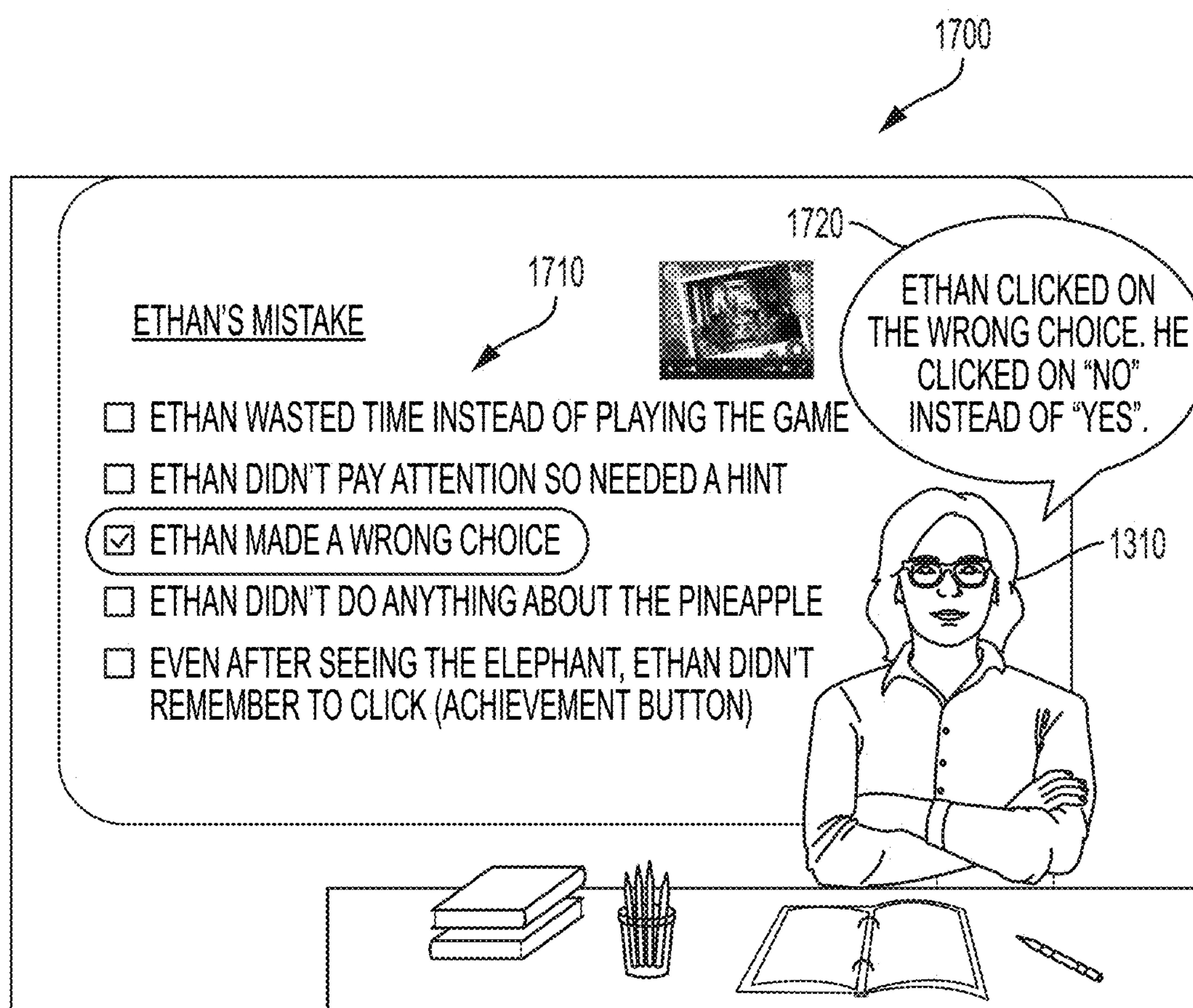


FIG. 17

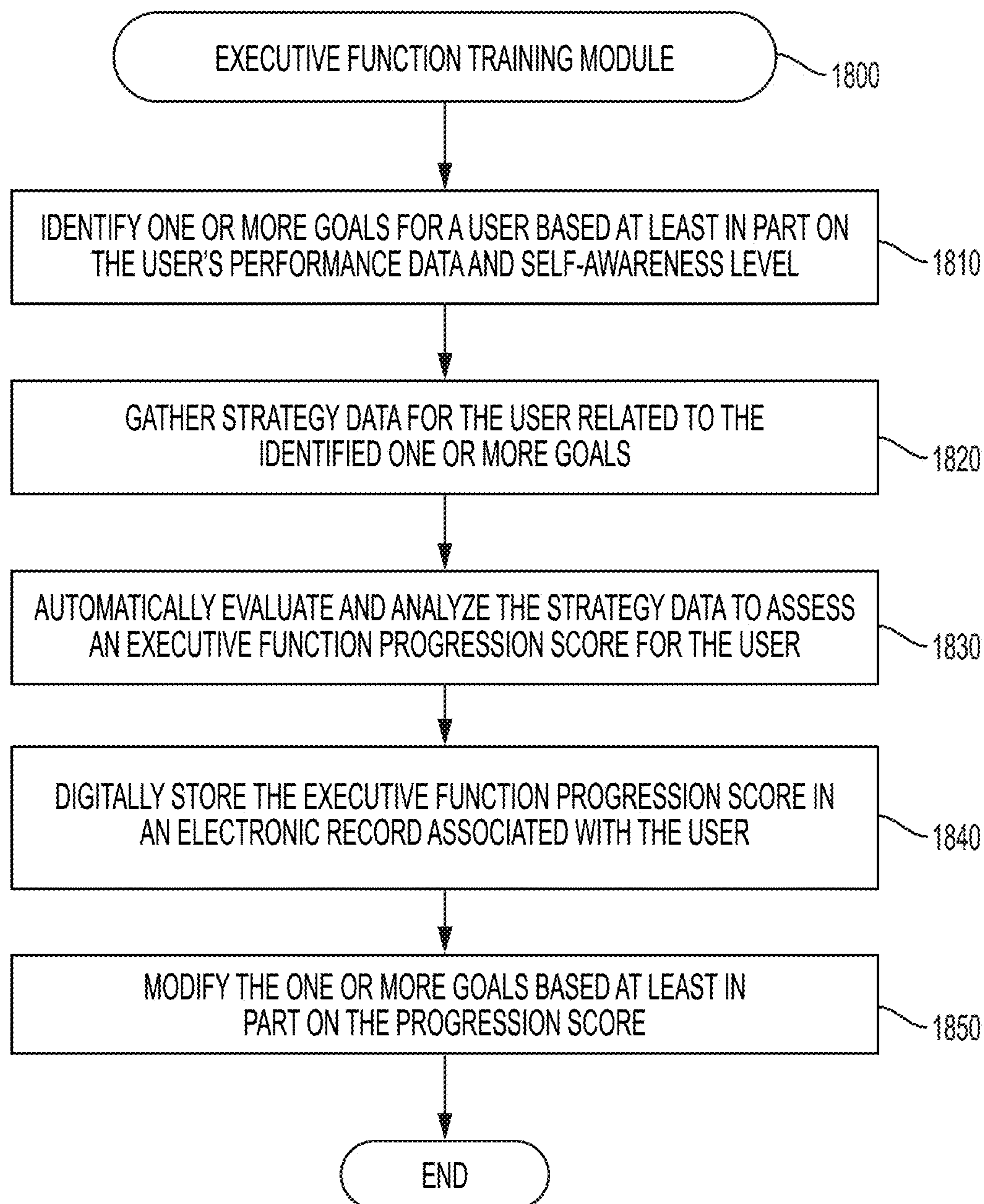


FIG. 18

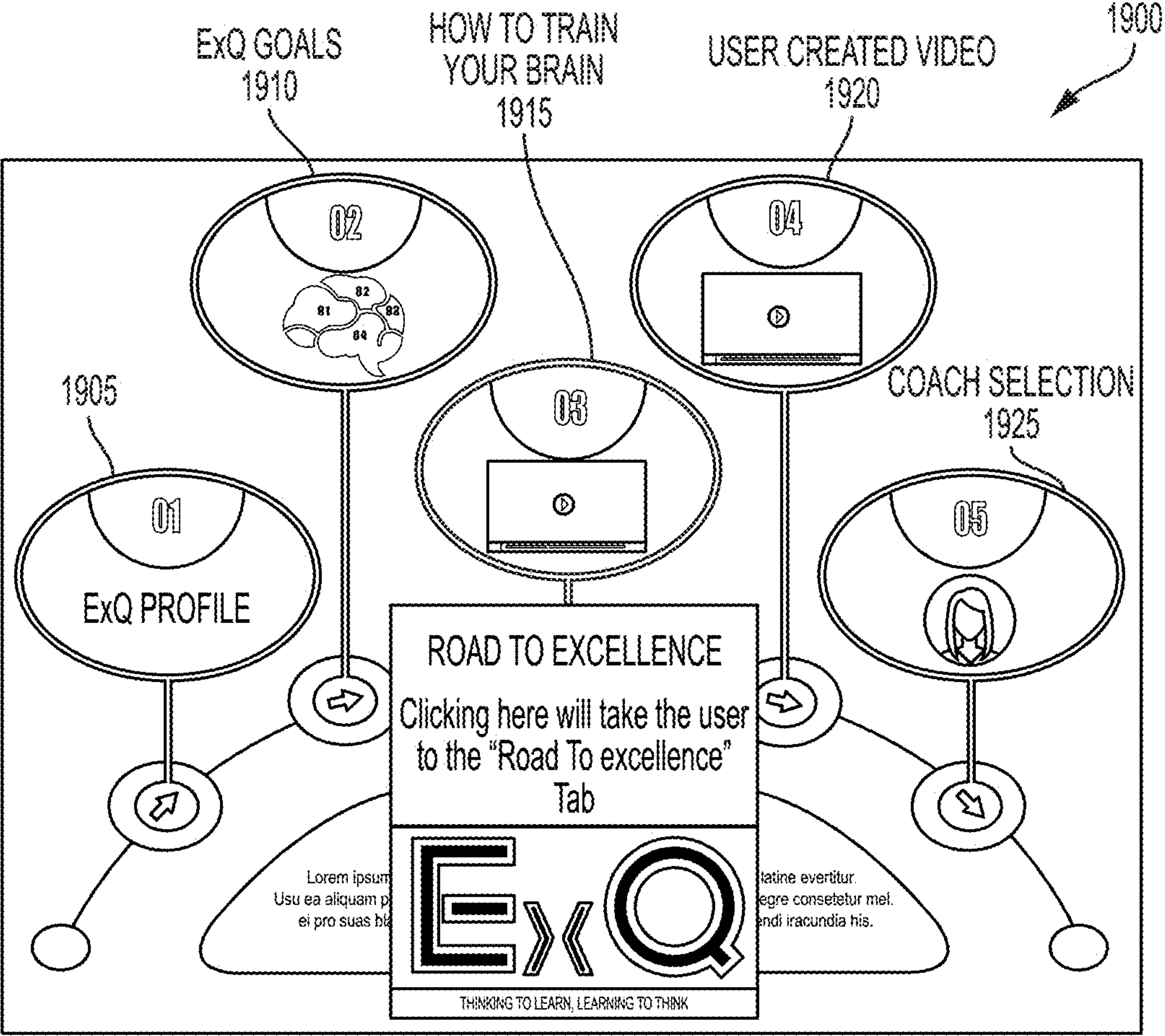


FIG. 19

2000

ExQ SURVEY QUESTIONS					
TOPIC	TOPIC ID	QID	Qtype	Qno	DESCRIPTION
COMPLEX ATTENTION	CA	1	N	1	IN EVERYDAY LIFE, I FIND IT HARD TO FOCUS
	CA	2	N	2	I GET DISTRACTED BY CLUTTER OR THINGS IN MY SURROUNDINGS
	CA	3	N	3	I GET DISTRACTED BY SOUNDS INCLUDING PEOPLE TALKING AROUND ME
	CA	4	N	4	I AM FIRED UP OR I MOVE A LOT
	CA	5	N	5	I GET BORED EASILY AS I AM QUICK TO LOSE INTEREST IN THINGS IN HAND
	CA	6	N	6	I GET FATIGUED BY HAVING TO FOCUS FOR LONG PERIODS OF TIME
	CA	7	N	7	WHEN I'M BY MYSELF, I FIND MYSELF DAY DREAMING INSTEAD OF GETTING THINGS DONE
	CA	8	N	8	WHEN I AM WITH OTHERS, PEOPLE DESCRIBE ME AS GETTING "ZONED OUT" AS THEY FIND ME STARRING INTO "NOWHERE" OR LOOKING "LOST"
	CA	9	N	9	I HAVE DIFFICULTY SUSTAINING FOCUS ON ONE TASK OR ACTIVITY WITHOUT TAKING A BREAK
	CA	10	N	10	I FIND MYSELF RUMINATING ON THINGS BY THINKING ABOUT THEM AGAIN AND AGAIN
	CA	11	N	11	I LOSE MY TRAIN OF THOUGHT WHILE SPEAKING WHEN SOMETHING INTERRUPTS THE FLOW
	CA	12	N	12	I FIND MYSELF NEEDING A BREAK AFTER HAVING DONE INTENSE FOCUSING
	CA	13	N	13	I LIKE TO TAKE FREQUENT BREAKS WHEN I AM DOING THINGS OR WORKING ON TEDIOUS THINGS
	CA	14	N	14	I GET DISTRACTED BY SMALLEST INTERRUPTIONS IN THE MIDDLE OF THE TASKS
	CA	15	N	15	I HAVE VERY LITTLE MENTAL STAMINA
WORKING MEMORY	WM	16	N	1	I FIND IT HARD TO DO MATH IN MY HEAD
	WM	17	N	2	I NOTICE THAT I DON'T FOLLOW ALL THE INSTRUCTIONS AS I FORGET SOME PARTS OF IT
	WM	18	N	3	I FIND MYSELF FORGETTING WHAT I CAME INTO THE ROOM FOR
	WM	19	N	4	I FIND IT HARD TO KEEP A MENTAL LIST OF THINGS TO DO IN MY HEAD
	WM	20	N	5	I REQUEST THAT PEOPLE REPEAT MULTIPLE DIRECTIONS AS I LOSE PARTS OF IT
	WM	21	N	6	I FIND THAT LISTENING TO DIRECTIONS WHILE READING SOMETHING ELSE IS HARD FOR ME
	WM	22	N	7	WHEN LISTENING, I FIND THAT I AM NOT ABLE TO ANSWER A QUESTION OR GIVE INFORMATION AS I FAIL TO GIVE CLOSE ATTENTION TO DETAILS
	WM	23	N	8	WHEN READING MATERIAL THAT TELLS YOU "HOW TO" DO SOMETHING I GET LOST IN THE STEPS
	WM	24	N	9	I FIND MYSELF RE-READING TEXT AS I FIND IT HARD TO KEEP TRACK OF DETAILS

FIG. 20A

TO
FIG. 2B

[illegible]

FB 20 G[®] F

FROM
FIG. 2A

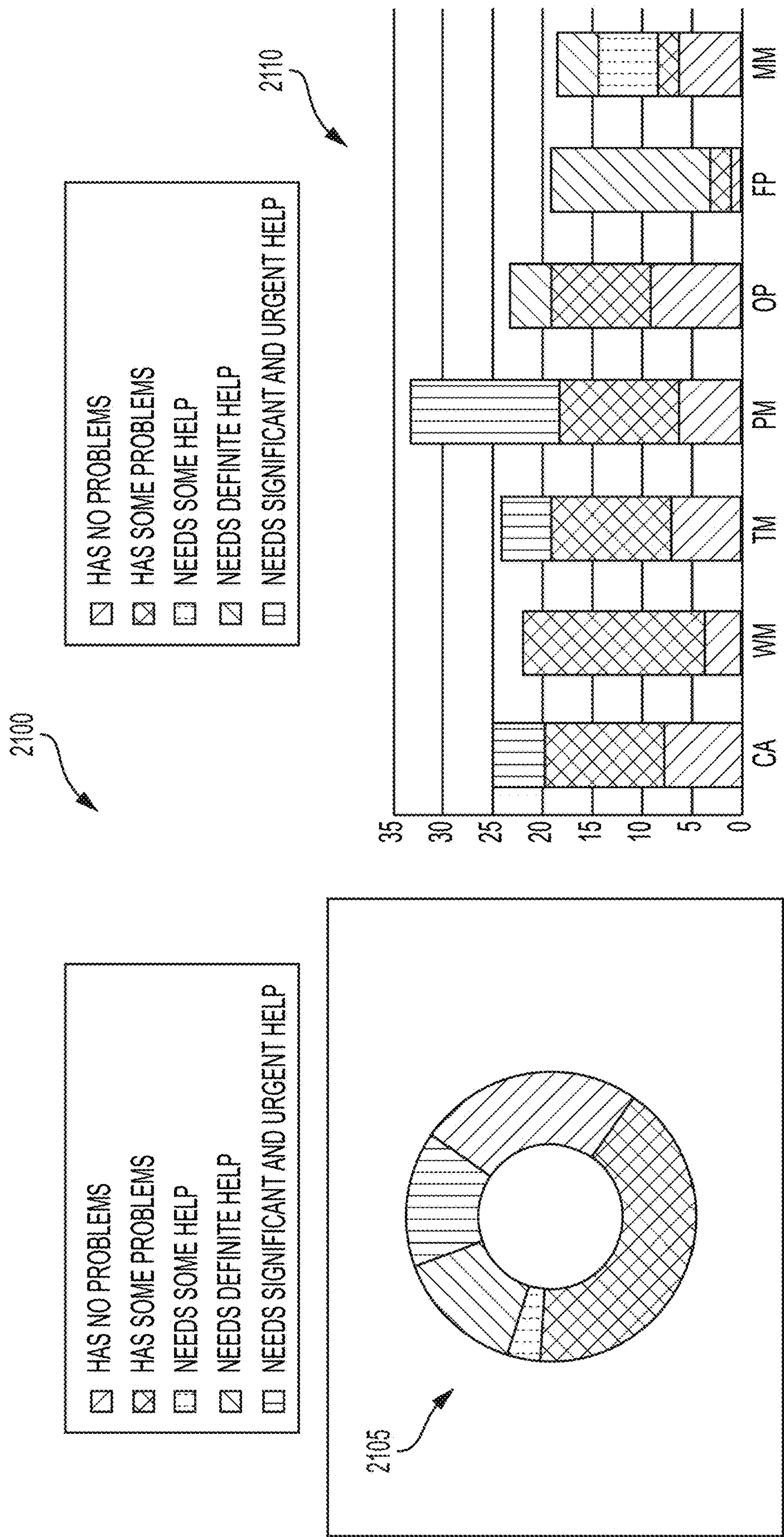


FIG. 21

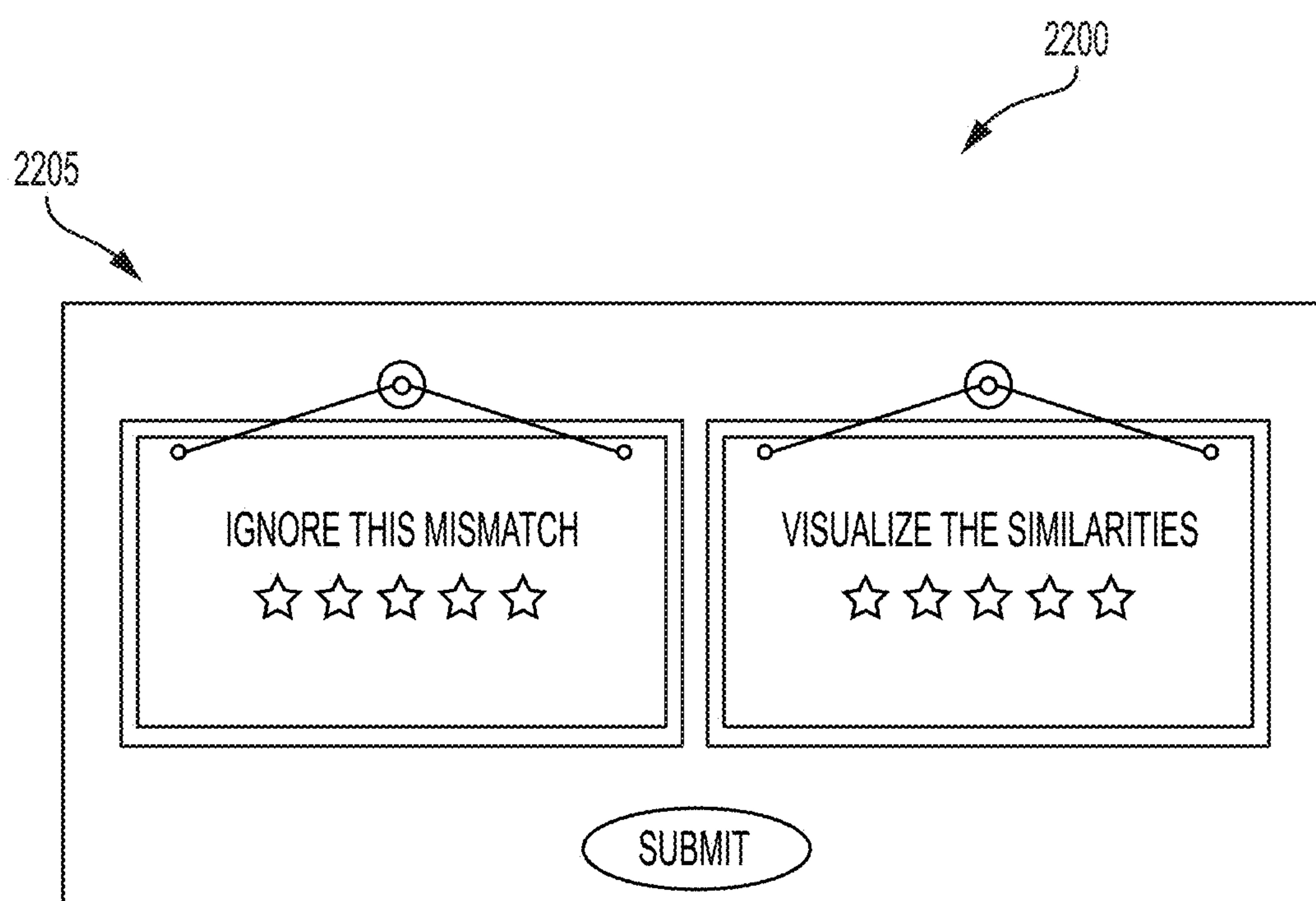


FIG. 22

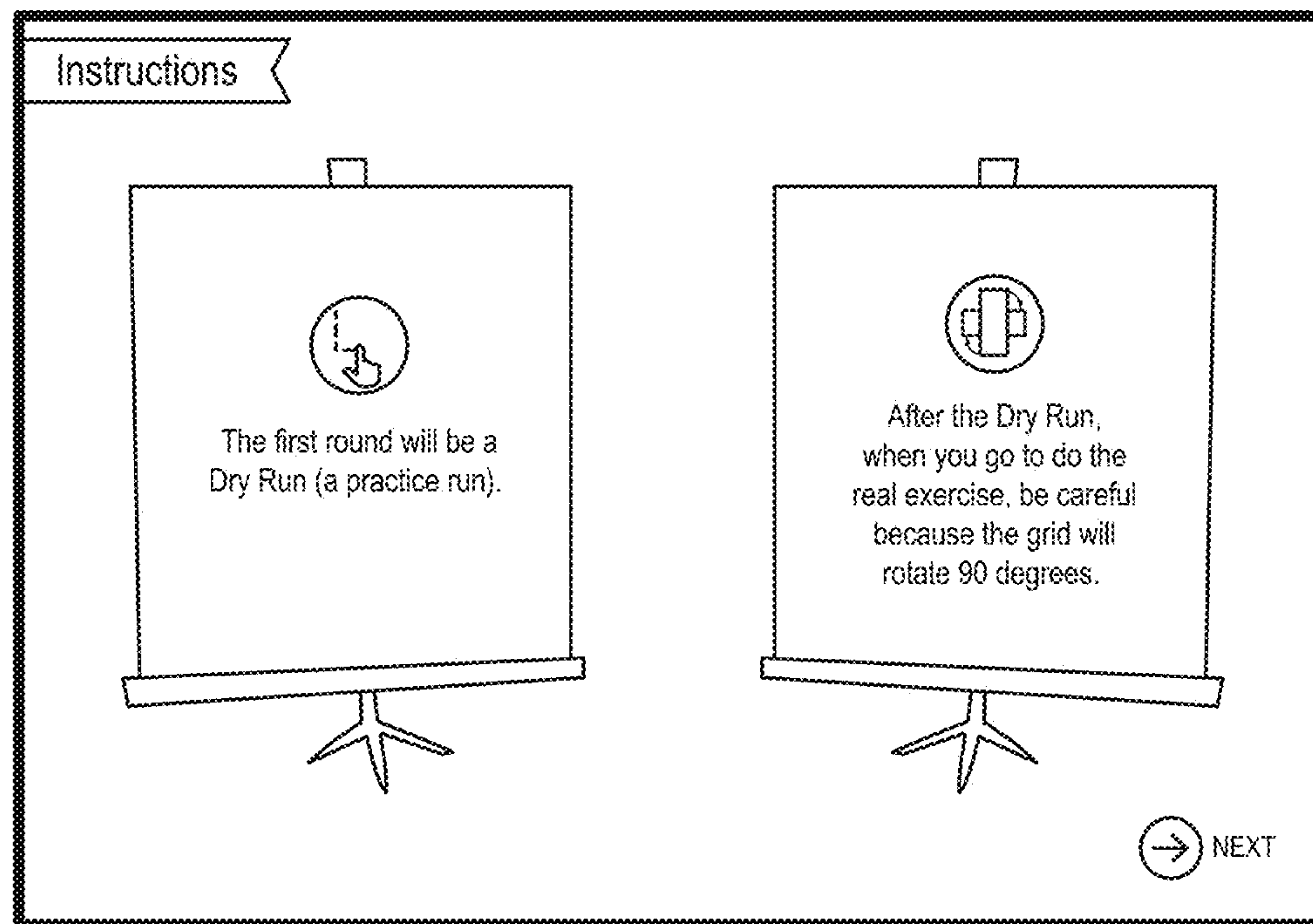


FIG. 23A

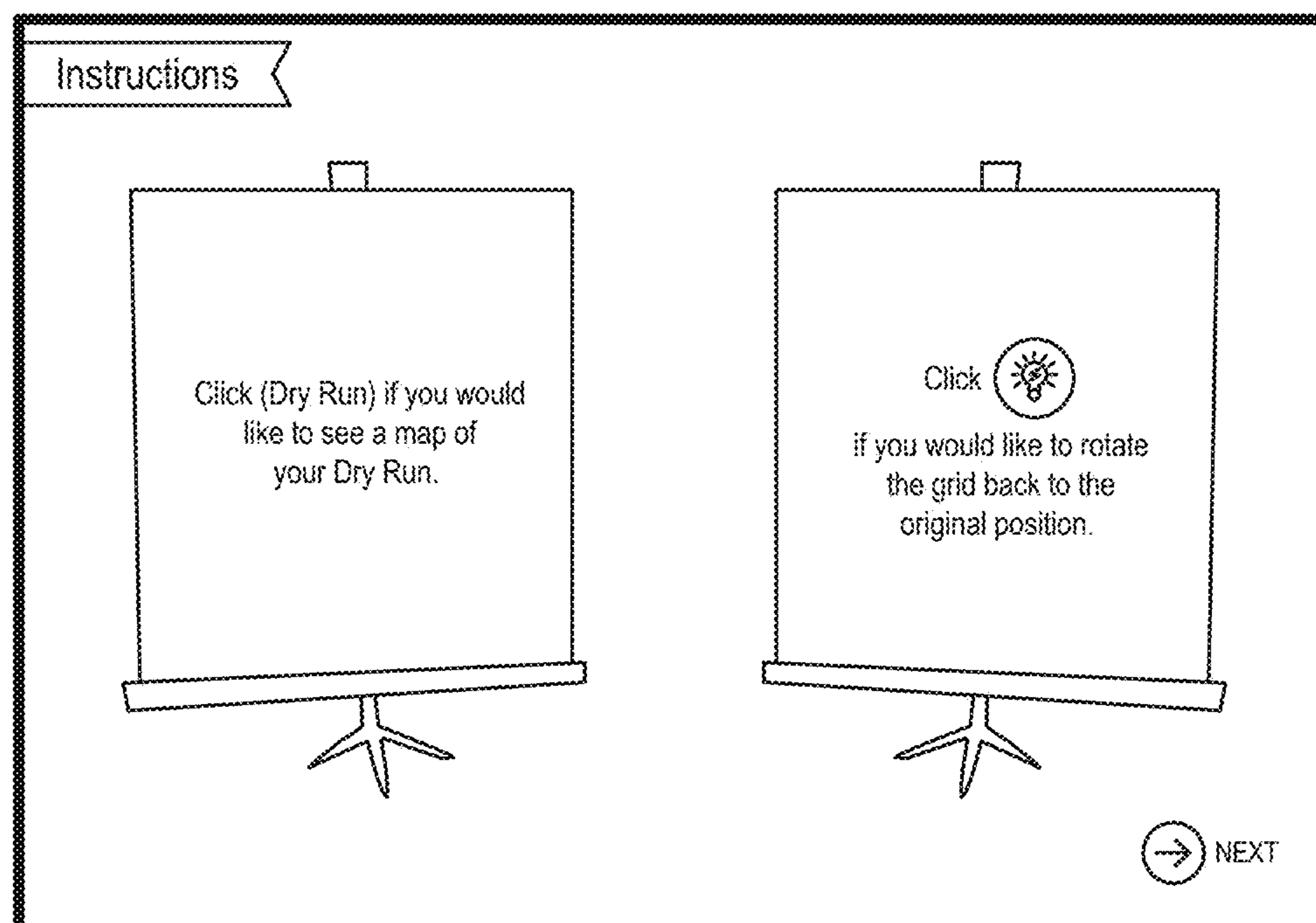


FIG. 23B

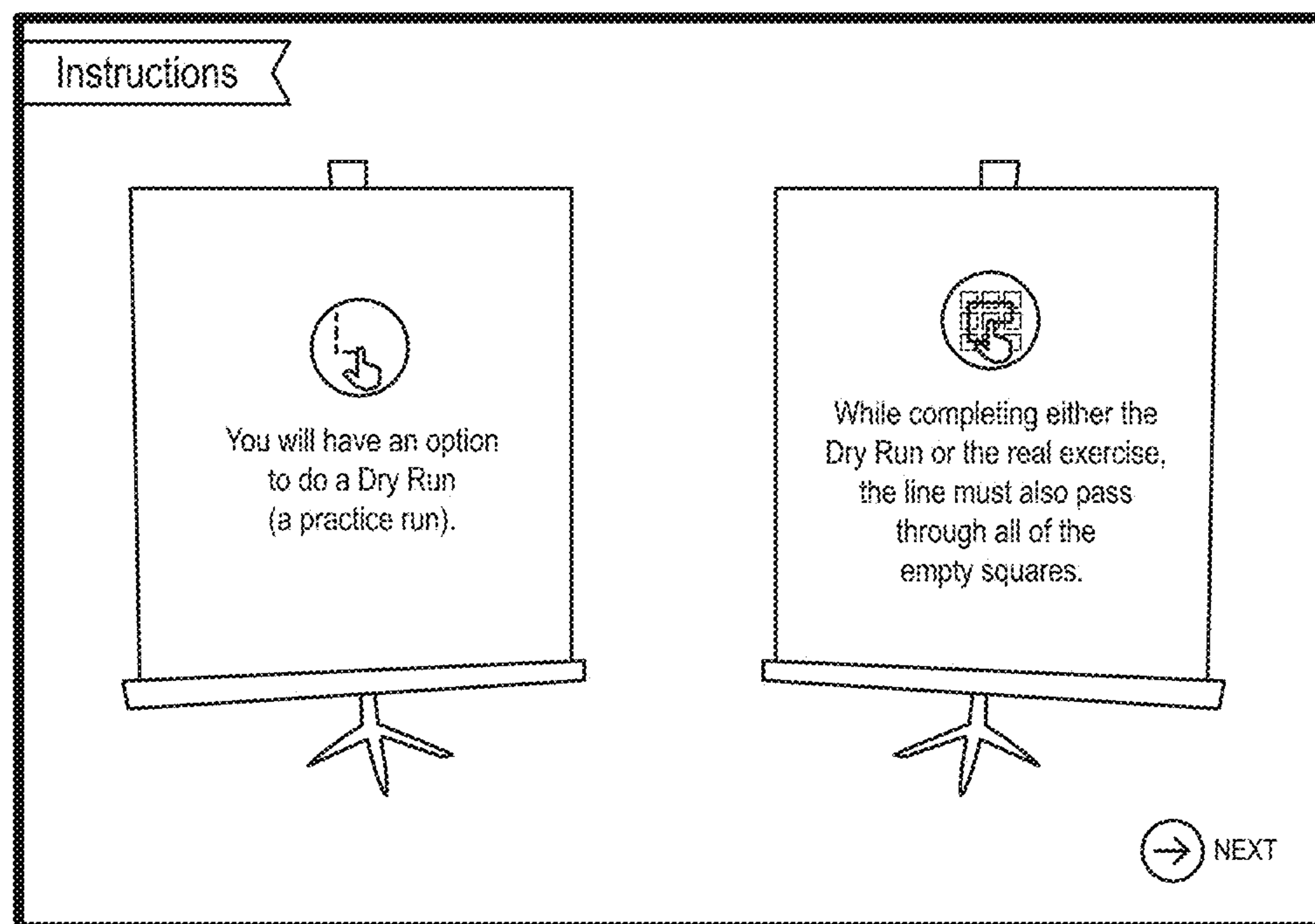


FIG. 23C

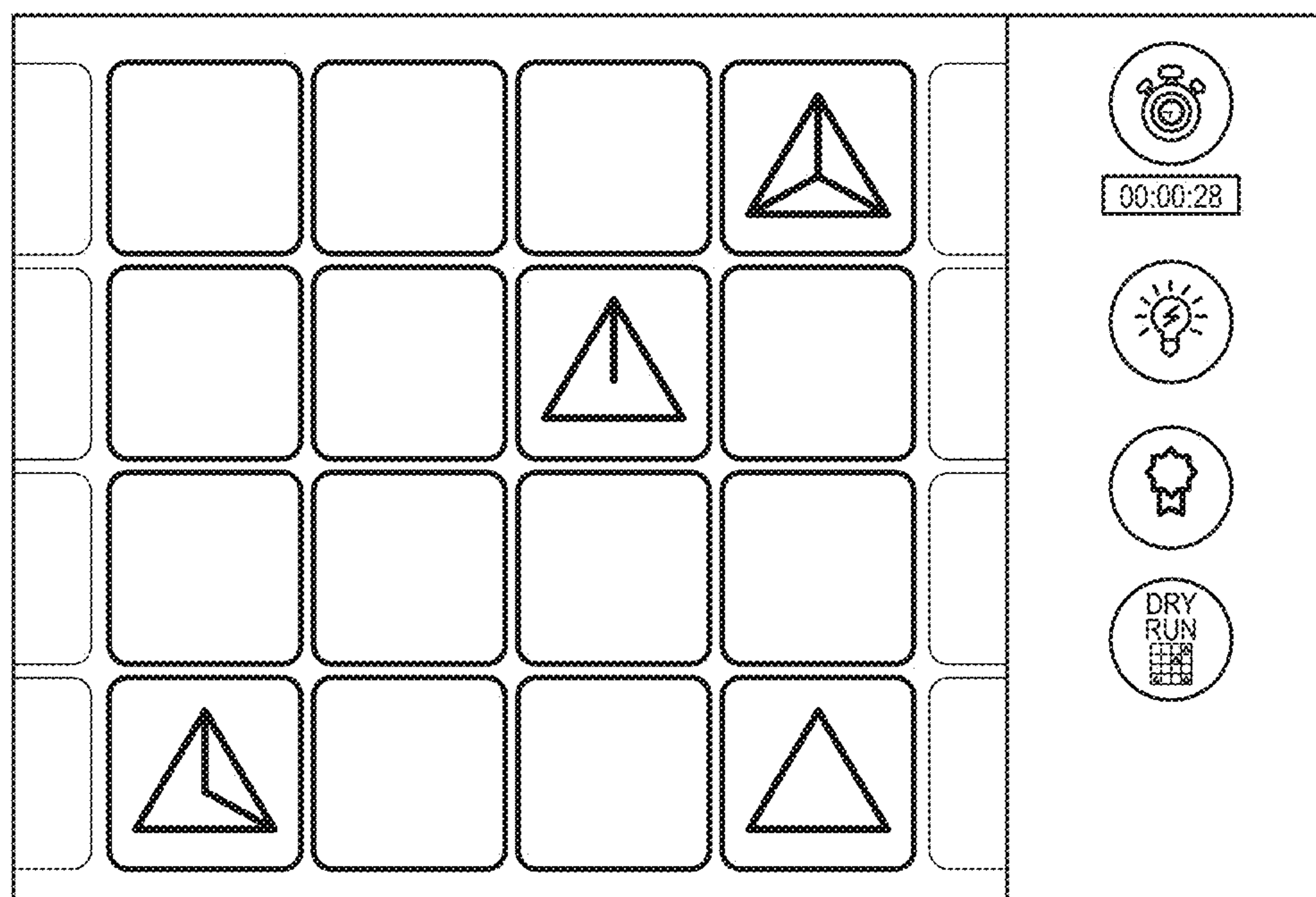


FIG. 24A

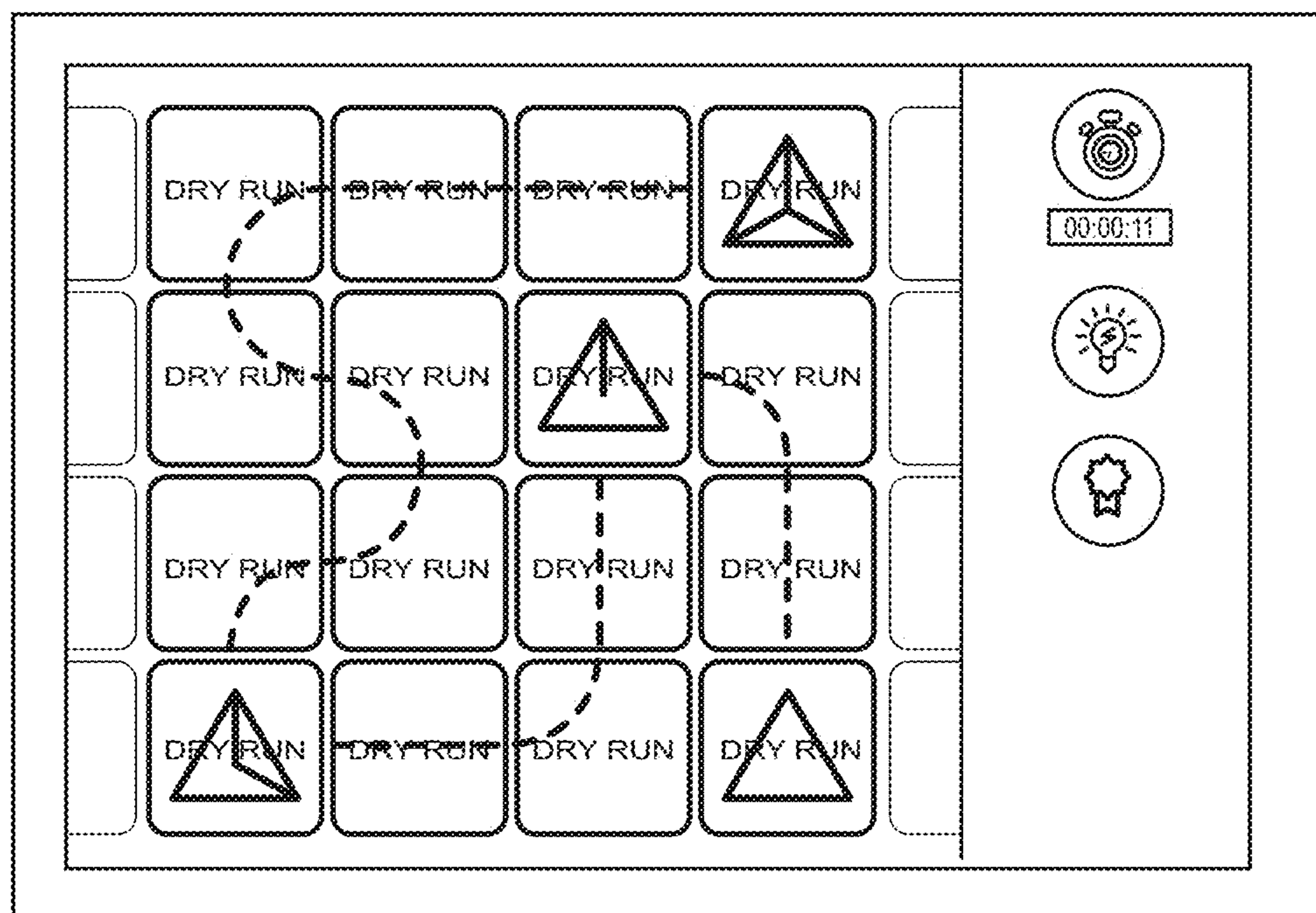


FIG. 24B

1

DATA PROCESSING SYSTEMS FOR PROCESSING AND ANALYZING DATA REGARDING SELF-AWARENESS AND EXECUTIVE FUNCTION

CROSS-REFERENCE TO RELATED APPLICATIONS

This application is a continuation-in-part of U.S. patent application Ser. No. 15/644,697, filed Jul. 7, 2017, entitled “Data Processing Systems for Processing and Analyzing Data Regarding Self-Awareness and Executive Function,” the disclosure of which is hereby incorporated by reference in its entirety.

BACKGROUND

An individual’s executive function may relate to, for example, their ability to complete tasks through skills such as planning, organization, memory, time management, and flexible thinking. An individual’s executive function may include mental skills that help the individual’s brain organize and act on information. These mental skills may enable the individual to plan, organize, remember things, prioritize, pay attention, and get started on particular tasks. These skills may also help an individual use information from past experiences to solve current problems.

Some individuals, particularly children, may struggle with activities related to executive functioning such as, for example: (1) keeping track of time; (2) making plans; (3) making sure work is finished on time; (4) multi-tasking; (5) applying previously learned information to solve a problem; (6) analyzing ideas; (7) looking for help or more information if they need it; and/or (8) a plurality of other activities that require the mental skills discussed above. Children who struggle with these activities may further have trouble with various executive skills such as, for example: (1) impulse control; (2) emotional control; (3) flexibility; (4) working memory; (5) self-monitoring; (6) task initiation; (7) organization; and/or (8) etc. Accordingly, there is a need for improved systems and methods to help individuals recognize their executive function limitations and improve upon them.

SUMMARY

A data processing system for processing data regarding the self-awareness of a user for use in the development of the user’s executive functions, in various embodiments, comprises: (1) at least one computer processor; and (2) memory operatively coupled to the at least one computer processor. In particular embodiments, the at least one computer processor is configured for: (1) executing computer-readable instructions that, when executed by the at least one computer processor, facilitate the playing a game by the user; (2) gathering performance data indicating the user’s performance while the user plays the game; and (3) automatically evaluating the performance data to assess, for the user, awareness of the user’s abilities in performing a future task.

In various embodiments, a data processing system is configured for processing data regarding the self-awareness of a user for use in the development of the user’s executive functions. In particular embodiments, the data processing system comprises: (1) at least one computer processor; and (2) memory operatively coupled to the at least one computer processor. In any embodiment described herein, the at least one computer processor may be adapted for: (1) executing

2

computer-readable instructions that, when executed by the at least one computer processor, facilitate the playing a game by the user; (2) gathering performance data indicating the user’s performance while the user plays the game; and (3) automatically evaluating the performance data to assess, for the user, awareness of the quality of their performance in a previously-performed task.

A data processing system for processing data regarding the self-awareness of a user for use in the development of the user’s executive functions, according to particular embodiments, comprises: the data processing system comprising: (1) at least one computer processor; and (2) memory operatively coupled to the at least one computer processor. In any embodiment described herein, the at least one computer processor may be adapted for: (1) executing computer-readable instructions that, when executed by the at least one computer processor, facilitate the playing of a game by the user; (2) gathering performance data indicating the user’s performance while the user plays the game; (3) prompting a user to input an indication of the level of difficulty of the game; (4) receiving, by one or more processors, from the user, an indication of the level of difficulty of the game; (5) performing a comparison of the input indication of the level of difficulty of the game with an actual level of difficulty of the game (e.g., as determined by the user’s performance on the game and/or through an existing difficulty rating of the game); (6) using the results of the comparison to determine whether the user accurately assessed the game’s level of difficulty; and (7) in response to determining that the user accurately assessed the game’s level of difficulty increasing a self-awareness score for the user, and saving the increased self-awareness score to memory.

A computer-implemented data processing method for electronically receiving self-awareness assessment data related to a user and electronically calculating an awareness score of the user, in various embodiments, comprises: (1) providing a graphical user interface for completing a self-awareness assessment, the graphical user interface comprising: (A) at least one main task input associated with a main task; (B) at least one targeted item input associated with a first target item task; (C) at least one conditional input associated with an occurrence of a first condition task; and (D) at least one time condition occurrence input associated with a time condition task; (2) receiving a command to initiate a self-awareness assessment associated with the user; (3) creating an electronic record for the self-awareness assessment and digitally storing the record; (4) initiating the self-awareness assessment; (5) electronically receiving input data, during the self-awareness assessment.

In particular embodiments, the input data comprises: (1) a first input at a first time via the at least one main task input; (2) a second input at a second time via the at least one targeted item input; (3) a third input at a third time via the at least one conditional input; and (4) a fourth input at a fourth time via the at least one time condition occurrence input. In some embodiments, the method further comprises: (1) processing the input data by electronically associating the input data with the electronic record for the self-awareness assessment; and (2) using one or more computer processors, calculating an awareness score for the user based on the input data. In some embodiments, calculating the awareness score for the user comprises: (1) electronically adjusting the awareness score based at least in part on the first input, the first time, and/or one or more instructions associated with the main task; (2) electronically adjusting the awareness score based at least in part on the second input, the second time, and/or one or more instructions

3

associated with the first target item task; (3) electronically adjusting the awareness score based at least in part on the third input, the third time, and/or one or more instructions associated with the first condition task; and/or (4) electronically adjusting the awareness score based at least in part on the fourth input, the fourth time, and/or one or more instructions associated with the time condition task. In particular embodiments, the method further comprises digitally storing the awareness score with the record for the self-awareness assessment.

In various embodiments, a data processing system is configured for processing data regarding the self-awareness of a user for use in the development of the user's executive functions. In some embodiments, the data processing system comprises: (1) at least one computer processor; and (2) memory operatively coupled to the at least one computer processor. In various embodiments, the at least one computer processor is adapted for: (1) executing computer-readable instructions that, when executed by the at least one computer processor, facilitate the completion of a self-awareness assessment by the user; and (2) displaying, a set of instructions associated with the self-awareness assessment. In particular embodiments, the set of instructions comprises: (1) one or more instructions associated with a main task of the self-awareness assessment; (2) one or more instructions associated with an embedded task of the self-awareness assessment, the embedded task occurring during the main task; and (3) one or more instructions associated with a conditional task of the self-awareness assessment.

In various embodiments, the at least one computer processor is further adapted for: (1) electronically receiving, via the graphical user interface, during the self-awareness assessment, input data comprising: (A) one or more inputs associated with the main task at one or more first times; (B) one or more inputs associated with the embedded task at one or more second times; and (C) one or more inputs associated with the conditional task at one or more third times; and (2) processing the input data by calculating an awareness score for the user based on the input data. In some embodiments, calculating the awareness score comprises: (1) electronically adjusting the awareness score based at least in part on the one or more instructions associated with the main task, the one or more inputs associated with the main task, and/or the one or more first times; (2) electronically adjusting the awareness score based at least in part on the one or more instructions associated with the embedded task, the one or more inputs associated with the embedded task, and/or the one or more second times; and (3) electronically adjusting the awareness score based at least in part on the one or more instructions associated with the conditional task, the one or more inputs associated with the conditional task, and/or the one or more third times. In still other embodiments, the at least one computer processor is further adapted for: (1) digitally storing, in the memory, the awareness score; and (2) associating, in the memory, the awareness score with the user.

In various embodiments, a data processing system for processing data regarding error evaluation for use in the development of a first user's executive functions, comprises: (1) at least one computer processor; and (2) memory operatively coupled to the at least one computer processor. In particular embodiments, the at least one computer processor is adapted for: (1) executing computer-readable instructions that, when executed by the at least one computer processor, facilitate evaluating, by the first user, an electronic activity completed by a second user; (2) displaying, via a graphical user interface, a visual representation of the second user

4

completing the electronic activity; (3) while displaying the visual representation of the second user completing the electronic activity, gathering feedback data from the first user indicating the second user's performance on the electronic activity; (4) automatically evaluating the feedback data to determine a learning score for the first user (which may, for example, reflect the user's ability to evaluate other users' performance of one or more particular activities), wherein evaluating the feedback data comprises modifying the learning score based at least in part on the feedback data; and (5) digitally storing the learning score in an electronic record associated with the first user.

A data processing system for processing data regarding the self-awareness of a user for use in the development of the user's executive functions, according to some embodiments, comprises: (1) at least one computer processor; and (2) memory operatively coupled to the at least one computer processor. In some embodiments, the at least one computer processor is adapted for: (1) creating an electronic record for a self-awareness training plan associated with the user and digitally storing the record; (2) executing computer-readable instructions that, when executed by the at least one computer processor, facilitate the completion of one or more electronic activities by the user; (3) gathering self-awareness data and performance data of the user as the user completes the one or more electronic activities, wherein the self-awareness data is associated with the user's awareness of the user's abilities while the user completes the one or more electronic activities and the performance data is associated with the user's performance while the user completes the one or more electronic activities; (4) automatically calculating an executive function score based at least in part on the self-awareness data and the performance data; (5) digitally storing the performance data, the self-awareness data, and the executive function score with the record for the self-awareness training plan; (6) identifying one or more goals for the user based at least in part on the performance data and the self-awareness data; (7) providing one or more strategies to the user based at least in part on the identified one or more goals; (8) gathering strategy data for the user related to the provided one or more strategies; (9) automatically evaluating the strategy data to calculate, for the user, an executive function progression score; and (10) digitally storing the executive function progression score with the record for the self-awareness training plan.

BRIEF DESCRIPTION OF THE DRAWINGS

Various embodiments of a self-awareness assessment system are described below. In the course of this description, reference will be made to the accompanying drawings, which are not necessarily drawn to scale, and wherein:

FIG. 1 depicts a self-awareness assessment system according to particular embodiments.

FIG. 2 is a schematic diagram of a computer (such as the self-awareness assessment server 110, or one or more remote computing devices 130) that is suitable for use in various embodiments of the self-awareness assessment system shown in FIG. 1.

FIG. 3 is a flowchart showing an example of a processes performed by the Self-Awareness Determination Module according to particular embodiments.

FIGS. 4-5 depict exemplary screen displays and graphical user interface (GUI) according to various embodiments of the system, which may display information associated with the system or enable access to or interaction with the system

5

by one or more users, completion of one or more self-awareness assessments or games by one or more users, etc.

FIG. 6 is a flowchart showing an example of a processes performed by the Self-Awareness and Memory Module according to particular embodiments.

FIGS. 7-11 depict exemplary screen displays and graphical user interface (GUI) according to various embodiments of the system, which may display information associated with the system or enable access to or interaction with the system by one or more users, completion of one or more self-awareness assessments by one or more users, etc.

FIG. 12 is a flowchart showing an example of a processes performed by the Self-Awareness and Error Evaluation Module according to particular embodiments.

FIGS. 13-17 depict exemplary screen displays and graphical user interface (GUI) according to various embodiments of the system, which may display information associated with the system or enable access to or interaction with the system by one or more users, completion of one or more evaluation sessions by one or more users, etc.

FIG. 18 is a flowchart showing an example of a processes performed by the Executive Function Training Module according to particular embodiments.

FIG. 19 depicts an exemplary screen display and graphical user interface (GUI) according to various embodiments of the system, which may display information associated with the system or enable access to or interaction with the system by one or more users, completion of one or more evaluation sessions by one or more users, etc.

FIGS. 20A-20B depict exemplary screen displays and graphical user interface (GUI) according to various embodiments of the system, which may display information associated with the system or enable access to or interaction with the system by one or more users, completion of one or more evaluation sessions by one or more users, etc.

FIGS. 21-22 depict exemplary screen displays and graphical user interface (GUI) according to various embodiments of the system, which may display information associated with the system or enable access to or interaction with the system by one or more users, completion of one or more evaluation sessions by one or more users, etc.

FIGS. 23A-23C depict exemplary screen displays and graphical user interface (GUI) according to various embodiments of the system, which may display information associated with the system or enable access to or interaction with the system by one or more users, completion of one or more evaluation sessions by one or more users, etc.

FIGS. 24A-24B depict exemplary screen displays and graphical user interface (GUI) according to various embodiments of the system, which may display information associated with the system or enable access to or interaction with the system by one or more users, completion of one or more evaluation sessions by one or more users, etc.

DETAILED DESCRIPTION

Various embodiments now will be described more fully hereinafter with reference to the accompanying drawings. It should be understood that the invention may be embodied in many different forms and should not be construed as limited to the embodiments set forth herein. Rather, these embodiments are provided so that this disclosure will be thorough and complete, and will fully convey the scope of the invention to those skilled in the art. Like numbers refer to like elements throughout.

6

Overview

A self-awareness system, according to various embodiments, is configured to: (1) assess the self-awareness of a user in performing one or more iterations of a particular activity (e.g., an electronic game or other activity). In particular embodiments, the system may do this by: (1) generating multiple iterations of a particular electronic activity; (2) having the user complete the multiple iterations of the particular electronic activity; (3) in the context of the user executing the multiple iterations of the particular electronic activity, prompting the user for feedback regarding the user's past or future performance in performing one or more of the particular iterations of the particular electronic activity; (4) as the user executes each iteration of the particular electronic activity, collecting data regarding the user's actual performance while executing the particular electronic activity; (5) comparing the user's assessment of their performance with the data regarding the user's actual performance; (6) based on the comparison, determining whether the user was accurate in assessing their performance in executing the one or more iterations of the particular electronic activity; (7) adjusting a self-awareness score for the user based at least partially on the user's determined accuracy level in assessing their performance in executing the one or more iterations of the particular electronic activity; and (8) saving the user's adjusted self-awareness score to computer memory.

In particular embodiments, the system may present the user with the option to use one or more performance aids before, during, or after their execution of one or more iterations of the particular electronic activity. The one or more performance aids may include, for example: (1) a demonstration of how the particular electronic activity should be performed (e.g., a demonstration of the successful play of a particular electronic game); (2) one or more hints as to how to improve their performance at the particular electronic activity; (3) an opportunity to redo their performance of a particular iteration of the particular electronic activity; and/or (4) an opportunity to practice the particular electronic activity before being scored on their performance of the electronic activity e.g., by executing a "dry run" of the particular electronic activity, which may, for example, be a particular game. In various embodiments, the system may automatically modify the user's self-awareness score and/or the user's performance score for the particular iteration of the particular electronic activity in response to the user choosing to use one or more of the performance aids in completing the one or more iterations of the electronic activity. For example, in a particular embodiment, if the user elects to use one or more of the performance aids in conjunction with completing a particular iteration of a particular electronic activity, the system may increase the user's self-awareness score and decrease a performance score that reflects the user's performance in executing the particular iteration of the particular activity.

In particular embodiments, the system may require a user to use one or more particular performance aids before executing a particular electronic activity. For example, the system may require a user to execute a dry run of a particular game before playing the game for points or other credit. In particular embodiments, if the system requires a dry run for a particular game, the system may increase the user's awareness score if the user's performance during the scored version of the game is accurate (e.g., the user's performance in playing the game is above a pre-defined threshold) and decrease the user's awareness score if the user's perfor-

mance during the scored version of the game is inaccurate (e.g., the user's performance in playing the game is below a pre-defined threshold).

The system may also, or alternatively, adjust the user's self-awareness score based on the user's awareness of why their performance was the way that it was. For example, if the user performed well on a particular iteration of the electronic activity in which the user elected to use one or more optional performance aids, and the user indicated that they did well in that particular iteration because they used the performance aid, the system may increase the user's self-awareness score. However, if the user indicated that they performed well on a particular iteration of a particular electronic activity because they used a performance aid, when in fact they didn't use a performance aid, the system may decrease the user's self-awareness score to reflect that they user didn't accurately remember what happened when executing the iteration of the electronic activity (which may be indicative of the user not being aware of what they are doing).

The system may also, or alternatively, adjust the user's self-awareness score based on the user's awareness of the level of difficulty of a particular iteration of a particular game. For example, if the system arranges to have the user play the same electronic game five times, the system may prompt the user, after each iteration of the game, how difficult that iteration of the particular game was. The system may then compare the user's answers with an actual relative difficulty level of the game to determine how accurately the user assessed the difficulty of each iteration of the game. The system may then adjust the user's self-awareness score based on the assessed accuracy (e.g., the system may increase the user's self-awareness score if the user accurately assessed the difficulty of each iteration, or decrease the user's self-awareness score if the user was not accurate in assessing the difficult of one or more of the iterations.)

In various embodiments, the system may further measure a user's self-awareness (e.g., adjust the self-awareness score) based at least in part on the user's actions during the playing of a particular game or completion of an electronic activity. For example, a particular game may include one or more instructions, challenges, or other tasks that the user is instructed to perform while the user is playing the game that are designed to test the user's awareness. A particular game may, for example, include a main task that the user is performing as part of the game in addition to one or more sub-tasks, conditional tasks, time-based tasks, etc. In various embodiments, each particular sub-task, conditional task, etc. may include a trigger as well as an action that the user is supposed to perform in response to that trigger. These tasks that are in addition to the main task may be designed to test whether the user can maintain awareness of these other tasks that are secondary to the main task (e.g., which may test multi-tasking and other skills related to executive function).

For example, a particular game may include a targeted task that includes an instruction for the user to press a particular button if the user sees a particular image on the screen while the user is playing the game. The system may, for example, adjust the user's awareness score based on whether the user notices the image pop up and presses the button. If, for example, the user does not press the button, the system may decrease the user's awareness score. If the user notices the image and presses the button immediately, the system may increase the user's awareness score. If the user notices the image and presses the button after a delay, the system may increase the user's awareness score by an

amount less than if the user had pressed the button immediately after the image appeared.

In another example, a particular game may include a conditional task that includes a triggering event and an action that the user should take if the triggering event occurs. In various embodiment's, the triggering event for the conditional task includes a particular event occurring while the user is playing the game (e.g., the user performs a particular action as part of the main task, the user provides a particular input value to the system while performing the main task, etc.). The system may instruct the user to press a particular button or perform any other suitable action if the user recognizes that the triggering event occurred while the user is playing the game. In this example, the system may modify the user's awareness score based on whether the user recognizes the triggering event and how quickly the user performs the action (e.g., pressing the button) after recognizing it. In particular embodiments, the system is configured to measure the user's awareness based on whether the user is able to remember to remember additional instructions while performing a primary or main task of a particular game (e.g., using one or more prospective memory skills).

In particular embodiments the system is further configured to provide an interface with which the user can review and evaluate the user's own or another user's performance on a particular game. The system may, for example, display a replay of another user's performance of a particular game (e.g., a visual representation of the user's actions). While the user is reviewing the other user's play in a particular game, the system may be configured to prompt the user to evaluate one or more errors made by the other user. In particular embodiments, the system is configured to modify the user's awareness score in response to the user correctly identifying a type of a particular error. In still other embodiments, the system is configured to modify the user's score if the user is able to evaluate a correct reason for the error. In particular embodiments, the system is configured to enable the user to evaluate their own performance (e.g., without informing the user that it is their own performance that they are evaluating). Some individuals may, for example, be unable to recognize their own shortcomings, but are better able to point out mistakes and reasons for mistakes in others. By presenting the user with their own performance for their review, the system may be configured to enable the user to evaluate their own performance more accurately or openly.

In particular embodiments, the system is configured to provide feedback to the user during a particular evaluation session. For example, by having the user identify one or more errors in replays of games previously played by themselves or others, the system may teach the user to identify errors in execution when playing a game and reasons for those errors. In particular embodiments, this teaching may enable the user to identify potential errors in the future when the user is playing other iterations of various games. In particular embodiments, the system is further configured to modify a user's awareness score based at least in part on the user's recognition of the benefit of the evaluation sessions. For example, the system may be configured to increase the user's awareness score in response to the user providing feedback that the evaluations and feedback that the user received was helpful and that the user will incorporate that feedback into their life.

In particular embodiments, the system is configured to create an electronic record for each individual user, which may, for example, include a user profile. In various embodiments, the system may populate the user profile with information regarding the user's strengths and weaknesses relat-

ing to the user's executive function. The system may identify these strengths and weaknesses based at least in part on data related to the user's performance and self-awareness determined during the user's completion of the various iterations of games and other electronic activities discussed above. In particular embodiments, the system is configured to calculate a self-awareness score, performance score, etc. for a user based on the user's performance on one or more particular activities such as one or more self-awareness assessments, one or more games, etc. The system may then generate and/or store goals for the user and associate those goals with the user profile.

In particular embodiments, the system is adapted to implement a training process for improving the user's executive function (e.g., such as the executive function skills discussed above). For example, the system may provide a plurality of training games that are tailored to the user and based at least in part on the user's goals. The system may, for example, as part of the training process, track the user's progress by analyzing one or more connections between the user's strategy in playing particular games, the user's goals, and real-life skills that the user is attempting to develop.

As part of the training process, the system may measure the user's ability to connect strategies for performing in particular games to real life skills and the user's goals. The system may, for example, calculate a score for the user that relates to the user's ability to evaluate the usefulness of particular strategies that reflect a connection between new things the user has learned while evaluating errors and real-life skills that are reflected in the user's goals. For example, the system, in various embodiments, may be configured to modify such a score based on a user's ability to: (1) identify one or more effective habits to take away from evaluating another user's performance in particular games; (2) pick a strategy aid that actually helps the user's performance in a particular game (e.g., results in improved performance); (3) match one or more strategies or habits to particular life goals; (4) rate the usefulness of provided strategies; and/or (5) etc.

Various embodiments of a self-awareness assessment system are described more fully below.

Exemplary Technical Platforms

As will be appreciated by one skilled in the relevant field, the present invention may be, for example, embodied as a computer system, a method, or a computer program product. Accordingly, various embodiments may take the form of an entirely hardware embodiment, an entirely software embodiment, or an embodiment combining software and hardware aspects. Furthermore, particular embodiments may take the form of a computer program product stored on a computer-readable storage medium having computer-readable instructions (e.g., software) embodied in the storage medium. Various embodiments may take the form of web-implemented computer software. Any suitable computer-readable storage medium may be utilized including, for example, hard disks, compact disks, DVDs, optical storage devices, and/or magnetic storage devices.

Various embodiments are described below with reference to block diagrams and flowchart illustrations of methods, apparatuses (e.g., systems), and computer program products. It should be understood that each block of the block diagrams and flowchart illustrations, and combinations of blocks in the block diagrams and flowchart illustrations, respectively, can be implemented by a computer executing computer program instructions. These computer program instructions may be loaded onto a general purpose computer, special purpose computer, or other programmable data pro-

cessing apparatus to produce a machine, such that the instructions which execute on the computer or other programmable data processing apparatus to create means for implementing the functions specified in the flowchart block or blocks.

These computer program instructions may also be stored in a computer-readable memory that can direct a computer or other programmable data processing apparatus to function in a particular manner such that the instructions stored in the computer-readable memory produce an article of manufacture that is configured for implementing the function specified in the flowchart block or blocks. The computer program instructions may also be loaded onto a computer or other programmable data processing apparatus to cause a series of operational Steps to be performed on the computer or other programmable apparatus to produce a computer implemented process such that the instructions that execute on the computer or other programmable apparatus provide Steps for implementing the functions specified in the flowchart block or blocks.

Accordingly, blocks of the block diagrams and flowchart illustrations support combinations of mechanisms for performing the specified functions, combinations of Steps for performing the specified functions, and program instructions for performing the specified functions. It should also be understood that each block of the block diagrams and flowchart illustrations, and combinations of blocks in the block diagrams and flowchart illustrations, can be implemented by special purpose hardware-based computer systems that perform the specified functions or Steps, or combinations of special purpose hardware and other hardware executing appropriate computer instructions.

Example System Architecture

FIG. 1 is a block diagram of a Self-Awareness Assessment System **100** according to a particular embodiment. In various embodiments, the Self-Awareness Assessment System **100** may be implemented in any suitable context, such as in the diagnosis and/or treatment of one or more issues related to an individual's executive function. In some embodiments, the Self-Awareness Assessment System **100** is configured to calculate and measure a user's self-awareness, provide feedback and coaching related to improving that self-awareness, predict the user's future performance in self-awareness assessments, etc.

As may be understood from FIG. 1, the Self-Awareness Assessment System **100** includes one or more computer networks **115**, a Self-Awareness Assessment Server **110**, one or more remote computing devices **130** (e.g., a desktop computer, laptop computer, tablet computer, smartphone, etc.), and One or More Databases **140**. In particular embodiments, the one or more computer networks **115** facilitate communication between the Self-Awareness Assessment Server **110**, one or more remote computing devices **130** (e.g., a desktop computer, laptop computer, tablet computer, etc.), and one or more databases **140**.

The one or more computer networks **115** may include any of a variety of types of wired or wireless computer networks such as the Internet, a private intranet, a public switch telephone network (PSTN), or any other type of network. The communication link between Self-Awareness Assessment Server **110** and Database **140** may be, for example, implemented via a Local Area Network (LAN) or via the Internet. In other embodiments, the Database **140** may be stored on any suitable server described herein.

FIG. 2 illustrates a diagrammatic representation of a computer **200** that can be used within the Self-Awareness Assessment System **100**, for example, as a client computer

11

(e.g., one or more remote computing devices **130** shown in FIG. 1), or as a server computer (e.g., Self-Awareness Assessment Server **110** shown in FIG. 1). In particular embodiments, the computer **200** may be suitable for use as a computer within the context of the Self-Awareness Assessment System **100** that is calculate a self-awareness score for a user, evaluate a user's self-awareness assessment performance data, etc.

In particular embodiments, the computer **200** may be connected (e.g., networked) to other computers in a LAN, an intranet, an extranet, and/or the Internet. As noted above, the computer **200** may operate in the capacity of a server or a client computer in a client-server network environment, or as a peer computer in a peer-to-peer (or distributed) network environment. The Computer **200** may be a personal computer (PC), a tablet PC, a set-top box (STB), a Personal Digital Assistant (PDA), a cellular telephone, a web appliance, a server, a network router, a switch or bridge, or any other computer capable of executing a set of instructions (sequential or otherwise) that specify actions to be taken by that computer. Further, while only a single computer is illustrated, the term "computer" shall also be taken to include any collection of computers that individually or jointly execute a set (or multiple sets) of instructions to perform any one or more of the methodologies discussed herein.

An exemplary computer **200** includes a processing device **202**, a main memory **204** (e.g., read-only memory (ROM), flash memory, dynamic random access memory (DRAM) such as synchronous DRAM (SDRAM) or Rambus DRAM (RDRAM), etc.), static memory **206** (e.g., flash memory, static random access memory (SRAM), etc.), and a data storage device **218**, which communicate with each other via a bus **232**.

The processing device **202** represents one or more general-purpose processing devices such as a microprocessor, a central processing unit, or the like. More particularly, the processing device **202** may be a complex instruction set computing (CISC) microprocessor, reduced instruction set computing (RISC) microprocessor, very long instruction word (VLIW) microprocessor, or processor implementing other instruction sets, or processors implementing a combination of instruction sets. The processing device **202** may also be one or more special-purpose processing devices such as an application specific integrated circuit (ASIC), a field programmable gate array (FPGA), a digital signal processor (DSP), network processor, or the like. The processing device **202** may be configured to execute processing logic **226** for performing various operations and Steps discussed herein.

The computer **200** may further include a network interface device **208**. The computer **200** also may include a video display unit **210** (e.g., a liquid crystal display (LCD) or a cathode ray tube (CRT)), an alphanumeric input device **212** (e.g., a keyboard), a cursor control device **214** (e.g., a mouse), and a signal generation device **216** (e.g., a speaker).

The data storage device **218** may include a non-transitory computer-accessible storage medium **230** (also known as a non-transitory computer-readable storage medium or a non-transitory computer-readable medium) on which is stored one or more sets of instructions (e.g., software instructions **222**) embodying any one or more of the methodologies or functions described herein. The software instructions **222** may also reside, completely or at least partially, within main memory **204** and/or within processing device **202** during execution thereof by computer **200**—main memory **204** and processing device **202** also constituting computer-accessible

12

storage media. The software instructions **222** may further be transmitted or received over a network **115** via network interface device **208**.

While the computer-accessible storage medium **230** is shown in an exemplary embodiment to be a single medium, the term "computer-accessible storage medium" should be understood to include a single medium or multiple media (e.g., a centralized or distributed database, and/or associated caches and servers) that store the one or more sets of instructions. The term "computer-accessible storage medium" should also be understood to include any medium that is capable of storing, encoding or carrying a set of instructions for execution by the computer and that cause the computer to perform any one or more of the methodologies of the present invention. The term "computer-accessible storage medium" should accordingly be understood to include, but not be limited to, solid-state memories, optical and magnetic media, etc.

Exemplary System Platform

Various embodiments of a Self-Awareness Assessment System **100** may be implemented in the context of any suitable system (e.g., a mobile computing system). For example, the Self-Awareness Assessment System **100** may be implemented to evaluate performance and self-awareness data related to a user's performance during a self-awareness assessment (e.g., or an iterative series of electronic activities). The system may, for example, calculate a self-awareness score for the user based at least in part on inputs provided by the user during the completion of one or more particular self-awareness assessments. The system may further be configured to, for example: (1) provide training to improve an individual's executive function; and (2) modify a particular self-awareness assessment to aid a user in identifying their own executive function limitations, etc.

Various aspects of the system's functionality may be executed by certain system modules, including: (1) a Self-Awareness Determination Module **300**; (2) a Self-Awareness and Memory Module **600**; (3) a Self-Awareness and Error Evaluation Module **1400**; and (4) an Executive Function Training Module **1500**. These modules are discussed in greater detail below. Although these modules are presented as a series of steps, it should be understood in light of this disclosure that various embodiments of the modules described herein may perform the steps described below in an order other than in which they are presented. In still other embodiments, the modules may omit certain steps described below. In various other embodiments, any of the modules described herein may perform steps in addition to those described, and/or may include steps described with respect to one or more of the other modules described.

Self-Awareness Determination Module

FIG. 3 illustrates an exemplary process for operationalizing a determination of a user's self-awareness (e.g., by calculating a self-awareness score for the user). The Self-Awareness Determination Module **300**, which may be executed by the one or more computing devices of the system **100**, may perform this process. In exemplary embodiments, a client-computing device, such as one or more remote computing devices **130**, can execute the Self-Awareness Determination Module **300** and access a database (e.g., the one or more databases **140** shown in FIG. 1) through a suitable network (e.g., one or more networks **115**). In various exemplary embodiments, the Self-Awareness Determination Module **300** may call upon other modules (e.g., such as any suitable module described herein) to perform certain functions. In exemplary embodiments, the

software may also be organized as a single module to perform various computer-executable routines.

The system, when executing the Self-Awareness Determination Module **300**, according to various embodiments, is configured to: (1) assess the self-awareness of a user in performing one or more iterations of a particular activity (e.g., an electronic game or other activity). In particular embodiments, the system may do this by: (1) generating multiple iterations of a particular electronic activity; (2) having the user complete the multiple iterations of the particular electronic activity; (3) in the context of the user executing the multiple iterations of the particular electronic activity, prompting the user for feedback regarding the user's past or future performance in performing one or more of the particular iterations of the particular electronic activity; (4) as the user executes each iteration of the particular electronic activity, collecting data regarding the user's actual performance while executing the particular electronic activity; (5) comparing the user's assessment of their performance with the data regarding the user's actual performance; (6) based on the comparison, determining whether the user was accurate in assessing their performance in executing the one or more iterations of the particular electronic activity; (7) adjusting a self-awareness score for the user based at least partially on the user's determined accuracy level in assessing their performance in executing the one or more iterations of the particular electronic activity; and (8) saving the user's adjusted self-awareness score to computer memory.

For each particular iteration of a particular electronic activity discussed above, the system, when executing the Self-Awareness Determination Module **300** begins by initiating Step **310**, by receiving a command to execute an electronic game to be played by a user. The electronic game, as described below, may be presented on any suitable display, such as a video display **210** (e.g., see FIG. **2**). The electronic game can include many different types of games such as matching pictures or patterns, correlating pictures or patterns, selecting particular items presented to the user in the display, or identifying pathways between two or more points, among others. In various embodiments, the electronic games are designed to enable the system, when executing the Self-Awareness Determination Module **300**, or any other module of the system **100**, to assess, modify, and/or otherwise adjust the user's self-awareness and track the user's performance on the electronic game and over the course of a plurality of iterations of one or more games. Additionally, in some embodiments, one or more of the electronic games (e.g., one or more iterations of the electronic games) may be adjusted based on length, difficulty, and/or complexity.

At Step **320**, as the user plays the electronic game, the system is configured to gather performance data indicating how well the user is performing at the electronic game as the user is playing the electronic game. In particular embodiments, the performance data may include a performance score for a particular electronic activity or for each iterations of a particular electronic activity. In various embodiments, the performance score may include a score that reflects the user's actual performance on a particular activity (e.g., how many correct answers the user provides, how accurately the user responded to one or more questions in the electronic activity, how many incorrect answers the user provides or mistakes the user makes on the electronic activity, etc.).

In particular embodiments, the system may, in addition to gathering performance data for the user, evaluate the user's self-awareness in performing various iterations of a particu-

lar electronic activity. In such embodiments, the system is configured to calculate a self-awareness score to identify a level of self-awareness of the user as well as a performance score to identify a level of how well the user is performing on a current iteration of the electronic game, as well as the user's awareness surrounding that performance. The self-awareness score may be calculated based on one or more algorithms that are used to indicate the user's self-awareness. In various embodiments, the self-awareness score may incorporate one or more weighting factors and may be based upon, for example: (1) whether the user selected a learning aid while playing a particular game; (2) how accurately the user predicted how well they performed on a particular game or how well the user predicted how well they would perform on a particular iterations of an electronic game; (3) how accurately the user perceived the difficulty of a particular game to be, etc. These particular factors that relate to the calculation of a user's self-awareness (e.g., self-awareness score) will be discussed more fully below.

Continuing to Step **330**, the system, while the user is playing a particular game, presents the user with the option to select a learning aid that will assist the user in playing the game (e.g., is designed to assist the user). For examples, the one or more performance aids may include, for example: (1) a demonstration of how the particular electronic activity should be performed (e.g., a demonstration of the successful play of a particular electronic game); (2) one or more hints as to how to improve their performance at the particular electronic activity; (3) one or more dry runs at the particular electronic activity; and/or (4) an opportunity to redo their performance of a particular iteration of the particular electronic activity.

At Step **340**, in response to the user selecting the learning aid or performance aid, the system is configured to modify the user's self-awareness score and/or the user's performance score. In particular embodiments, the system may increase the user's self-awareness score and/or decrease the user's performance score. For example, the system may increase the self-awareness score in response to the user selecting the learning aid. In various embodiments, the increase in the self-awareness score may reflect, for example, the user's recognition that: (1) the user requires aid in a particular game or electronic activity; (2) the user is not performing well on the activity; (3) the user is confused by the activity; and/or (4) etc.

Additionally, the system may decrease the user's performance score in response to the user selecting the performance aid, because, as the user receives assistance from the learning aid, their performance at the electronic game may be falsely inflated above their present abilities. As may be understood in light of this disclosure, the user's selection of the learning aid may reflect well on their awareness of their abilities (e.g., resulting in an increase in awareness score), but may reflect poorly on their ability to perform in the game or activity (e.g., resulting in a decrease of the user's performance score).

In further embodiments, in response to the user not selecting a presented learning aid while playing the electronic game, the system may be configured to modify the self-awareness score for the user (e.g., by increasing or decreasing the score). For example, if the user is not performing well (e.g., the user has a low performance score) on the electronic game and the user does not select the learning aid, then the system may decrease the self-awareness score (e.g., to indicate a lower level of self-awareness because the user did not realize that they could have used some aid), but if the user is performing well (e.g., the user

15

has a high performance score) on the electronic game and the user does not select the learning aid, then the system may increase the self-awareness score (e.g., to indicate a higher level of self-awareness because the user realized that they were performing well and didn't require aid).

Continuing to Step 350, the system prompts the user to indicate a perceived difficulty level of the game and/or a perceived level of how well they performed while playing the electronic game. The perceived difficulty level may be selected from a list of available selections that are presented to the user in the display, or the user may be prompted to input a difficulty level. In some implementations, the difficulty level may be a numerical value or letter indication, which can be within a range (e.g., 1 to 10 or A to F). The difficulty level may be provided to indicate how difficult the user perceived the iteration of the electronic game that was just completed by the user. In some embodiments, the system may prompt the user to indicate how well they performed on the iteration of the electronic game just completed by the user. For example, this may include an indication by the user of how well they met one or more objective of the electronic game, how well they scored on the electronic game, etc. In some embodiments, the indication provided by the user of how well they performed at the electronic game may be selected from a list of available selections that are presented to the user in the display, or the user may be prompted to input syntax in a text box to indicate how well they believe they performed. In particular embodiments, the system may further prompt the user to indicate how well the user thinks they will perform on a particular game prior to the user playing the game. For example, the system may prompt the user to provide a prediction of how well the user will perform in the game (e.g., how many correct answers the user will provide during the game, how accurately the user will play the game, etc.).

In further embodiments, the system is configured to compare the perceived level of difficulty provided by the user with an actual difficulty level for the electronic game, the user's performance relative to the perceived difficulty, etc. In particular embodiments, the system may use this comparison to determine a user's self-awareness related to how difficult a user perceives a game to be relative to how difficult the game was designed to be or actually was for the user.

Continuing to Step 360, in response to the comparison of the perceived level of difficulty provided by the user with an actual difficulty level, is configured to adjust and/or modify the self-awareness score for the user. For example, if the user accurately indicates the difficulty level of the electronic game, the system may increase the user's self-awareness score. However, if the user does not accurately assess the game's difficulty level, the system may decrease the user's self-awareness score. The system may then be configured to save the adjusted self-awareness score to memory.

A number of methods may be used to determine whether the user accurately assessed the game's difficulty level. In some embodiments, the game's difficulty level may be indicated as a numerical value, and the system may provide a range (e.g., one number higher and one number lower than the actual difficulty level) of numerical values that the system may compare the perceived difficulty to. The system may then determine whether the user accurately assessed the difficulty level based on the comparison. For example, if the game has an actual difficulty level of 4 in a range between 1- and 10, then the system may indicate that the user accurately indicated the actual level of difficulty for the electronic game if the user indicated that the perceived level

16

of difficulty was between 3 and 5 (i.e., the range). However, in other embodiments the range associated with an accurate indication may be smaller or larger.

In other implementations, the difficulty level may not be provided in numerical values, and for example, may include levels of "Easy," "Medium," "Hard," or "Very Difficult," among others. Additionally, in some embodiments, the system may provide one or more difficulty levels that may include selectable levels of difficulty, such as "Piece of cake," "Just Right," "Made me Sweat," or "Way too hard," among others. In such implementations, the user may be required to indicate the exact difficulty level in order for the system to determine that the user accurately indicated the actual difficulty level of the electronic game. In some implementations, such as those discussed above, multiple iterations of the electronic game are provided for the user to play, and each iteration of the multiple iterations may include a different difficulty level. The system may prompt the user to indicate a perceived difficulty level for each iteration of the electronic game, and the system may then determine whether the user accurately indicated the actual difficulty level for one or more of the iterations of the electronic game, as discussed above. The system may modify the difficulty level in the iterations of the electronic game by making the patterns or pathways of the electronic game more or less inconspicuous or difficult/easier to complete.

In particular embodiments, the system may determine that the user accurately indicated a difficulty level based on the user's performance score. For example, if the user indicates that a particular game was relatively easy (e.g., by assigning a low difficulty rating), the system may decrease the user's self-awareness score if the user performed poorly on the game (e.g., received a poor performance score). This may reflect, for example, a lack of awareness on the part of the user relating to the difficulty of the game because the user felt the game was easy but did not perform well. Similarly, the system may be configured to decrease the user's self-awareness score if the user indicated that a game was relatively difficult but the user performed well in the game. In yet another example, the system may be configured to increase a user's self-awareness score where the user's perceived difficulty level provided to the system substantially aligns with (e.g., matches) their actual performance. For example, if the user indicates that a game was difficult and the user performed poorly on the game, the system may increase the user's awareness score. Similarly, if the user indicates that a game was easy and the user performed well, the system may increase the user's awareness score.

Returning to Step 370, the system is configured to adjust the user's self-awareness score based at least in part on how accurately a user predicts that they will perform on a future game (e.g., a future iteration of an electronic game) or how well the user just performed on a particular electronic game. In some implementations, two or more iterations of the electronic game are provided for the user to play. In such implementations, after the user completes the performance of at least one iteration of the game, and before the user completes at least one additional iteration of the game, the system may prompt the user to input the user's prediction of their future performance on the at least one additional iteration of the game. In some implementations, the user is prompted to input the user's prediction of their future performance prior to initiating the first iteration of the electronic game.

The prompt provided by may be embodied as a list of potential choices (e.g., numerical values between 1 and 10

and/or syntax indicating how well the user will perform such as “Excellent,” “Good,” or “Poor,” among others). After the user completes the additional iteration of the electronic game, the system may be configured to compare the user’s prediction of their future performance with the user’s actual performance on that iteration of the electronic game. In response, the system, in particular embodiments, is configured to adjust the user’s self-awareness score. For example, if the user accurately indicates how well they will perform on the electronic game, the system may increase the user’s self-awareness score. However, if the user does not accurately assess how well the user will perform on the electronic game, the system may decrease the user’s self-awareness score. The system may then be configured to save the adjusted self-awareness score to memory associated with the Self-Awareness Determination Module **300**.

A number of methods may be used to determine whether the user accurately assessed how well they performed on the game or will perform on a future game. In comparing how well the user predicted they would perform and how well they actually performed, a performance threshold may be used to determine if the user accurately assessed how well they performed on the electronic game. When the user’s predicted performance and actual performance are based on a numerical value, the performance threshold can be a numerical value in the range of numerical values. For example, if the user’s predicted performance and actual performance are in a numerical range between 1 and 10, the performance threshold may be a number in this range, such as 5. In other implementations, the performance may be classified based on syntax indicating the predicted and actual performance level, such as “Excellent,” “Good,” or “Poor,” among others. In such a configuration, the performance threshold may be one of the performance classifications, such as “Good.”

In various embodiments, the system is configured to compare the user’s predicted performance (e.g., predicted performance of how the user just performed on a game or how the user will perform on a future game) and actual performance to the performance threshold. If the user’s predicted performance and actual performance are both either above the threshold or below the threshold, then the system may be configured indicate that the user accurately predicted how well they will perform on the electronic game. The system may then increase the user’s self-awareness score. However, if either (1) the user’s predicted performance exceeded the performance threshold and the actual performance did not exceed the performance threshold, or (2) the user’s predicted performance did not exceed the performance threshold and the actual performance did exceed the performance threshold, then the system may indicate that the user did not accurately predict how well they will perform on the electronic game. The system may then decrease the user’s self-awareness score.

Further, after the user completes the performance of at least one iteration of the game, the system may prompt the user to input a reason why the user performed at least a portion of the game accurately. For example, in an electronic game where the objective is to select matching items, the user may input the reason as being that the user matched an item provided on a first display with an item provided in a second display. The prompt for the user to input the reason may be a list of input reasons provided for the user to select from or a section of the display for the user to input text indicating the one or more reasons. Upon the user providing the one or more reasons, the system may determine whether the one or more reasons are correct, and in response, adjust

the user’s self-awareness score. In some implementations, if the one or more reasons are correct, then the system may increase the user’s self-awareness score; however, if the one or more reasons are incorrect, then the system may decrease the user’s self-awareness score. For example, in the matching electronic game described above, if the user provides the reason of the user matching two items presented on different displays, the system may determine this is a correct answer; however, if the user provides input indicating the reason that the user played the game accurately is that they completed the game quickly, the system may determine this is an incorrect answer.

In some embodiments, the system is configured to provide a performance aid or learning aid in the electronic game, as discussed above. The user may indicate that using the performance aid or learning aid is a reason why the user performed at least a portion of the game accurately. In response to this reason provided by the user, the system may determine whether the user actually used the performance aid or learning aid while performing the at least one iteration of the game, and adjust the user’s self-awareness score accordingly. For example, where the user indicated that using the performance aid or learning aid aided the user’s performance, and the user actually used the performance aid or learning aid while performing the at least one iteration of the game, the system may increase a self-awareness score of the user. However, where the user indicated that using the performance aid or learning aid aided the user’s performance, and the user did not use the performance aid or learning aid while performing the at least one iteration of the game, the system may decrease the self-awareness score of the user. Further, where the user indicated that the user did not use the performance aid or learning aid in the user’s performance, and the user actually used the performance aid or learning aid while performing the at least one iteration of the game, the system may decrease the self-awareness score of the user.

In particular embodiments, the system is configured to modify the user’s self-awareness score as the user completes additional iterations of the one or more electronic activities. In particular embodiments, the system is configured to store the self-awareness score in memory and associate the self-awareness score with the user. In various embodiments, the system is configured to track one or more changes to the user’s self-awareness score over time. In particular embodiments, the system is configured to generate a visual or graphical representation (e.g., graph, chart, etc.) of the change in the user’s self-awareness score and display the visual or graphical representation to any suitable individual upon request.

Exemplary User Experience of a Self-Awareness Assessment for Determining a User’s Self-Awareness

In the exemplary embodiments of the system for processing data regarding the self-awareness of a user for use in the development of the user’s executive functions, the system, when executing the Self-Awareness Determination Module **300**, or any other module of the system **100**, may facilitate the playing of an electronic game or the completion of a self-awareness assessment by the user. As described above, the user may play one or more different electronic games, and the electronic games can include many different types of games, such as matching pictures or patterns, correlating pictures or patterns, selecting particular items presented to the user in the display, or identifying pathways between two or more points, among others. The user may further play multiple iterations of the same electronic game.

19

One or more directions or objectives for the electronic game may be provided when the user initiates the electronic game; however, in different iterations of a particular electronic game, more or fewer directions or objectives may be provided. In implementations, the electronic games are designed to enable the system executing the Self-Awareness Determination Module 300, or any other module of the system 100, to assess the user's self-awareness and track the user's performance on the electronic game.

FIG. 5 illustrates an example user interface of an electronic game 500 that the user may play. In the electronic game 500, the display (e.g., video display 110) provides a grid of selectable blocks. In the exemplary embodiment shown in this figure, the game is a four row by four column grid 505; however, such a configuration is not required and a different number of rows and/or columns may be provided in the grid. The electronic game 500 includes a particular pattern or shape within two or more of the selectable blocks (510, 515, 520, 525), which in the present embodiment is a four-circle pattern, and a unique indicator is a distinguishing aspect of the particular pattern or shape presented in the different selectable blocks. As may be understood from FIG. 4, the unique indicator is a number of vertical lines provided in the bottom portion of one or more of the four circle pattern. The first selectable block 510 does not include a vertical line in the bottom portion of any of the circles of the pattern; the second selectable block 515 includes a vertical line as part of one of the circles of the pattern; the third selectable block 520 includes a vertical line as part of two of the circles of the pattern; and the fourth selectable block 525 includes a vertical line as part of three of the circles of the pattern. The unique indicator associated with each instance of the pattern may indicate a sequential order of the pattern for the electronic game.

As presented in the example shown in FIG. 4, the objective of the electronic game 500 is to select (e.g., by using a pointing device, such as a mouse, or using the user's finger in a touch screen display), within the user interface, as many selectable blocks as possible, without reselecting any selectable blocks, in traversing between each selectable block that includes the pattern. Additionally, in traversing between the selectable blocks, the objective is to select the selectable blocks that include the pattern in the sequential order as identified by the unique identifier of each instance of the pattern. For example, in the present implementation of electronic game 500, the objective is to traverse from the first selectable block 510 to the second selectable block 515 to the third selectable block 520, and finally, to the fourth selectable block 525 while selecting as many selectable blocks in the grid 505 without reselecting (i.e., selecting a block more than once) any of the selectable blocks.

Additionally, the electronic game 500 includes a menu 530 that includes a timer 532, and a hint button 534. Upon selection of the hint button 534, as shown by the pointer 540 in FIG. 5, the electronic game 500 provides a hint regarding the electronic game 500. For example, in the present implementation, the hint may initiate the first selectable block 510 to be identified in a highlighted presentation, as shown in the first selectable block 510, which is the first instance of the pattern in the sequential order for which the selectable blocks that include the pattern are to be selected. In some implementations, the electronic game 500 may indicate that this is the first instance of the pattern, but in other implementations, only the highlighted presentation in the user interface is provided and the user is required to identify the significance of the highlighted presentation. Additionally, as described above, when the user selects a learning aid or

20

performance aid, such as hint button 534, the user's self-awareness score and performance score may be adjusted.

Further, FIG. 5 provides a second user interface of the electronic game 500. FIG. 5 shows an occurrence of the user, with the pointer 540, selecting the hint button 534 for a second time. For example, in the present implementation, the hint initiates the fourth selectable block 525 to be identified in a highlighted presentation, as shown in the fourth selectable block 525, which is the final instance of the pattern in the sequential order for which the selectable blocks that include the pattern are to be selected. In some implementations, the electronic game 500 may indicate that this is the final instance of the pattern, but in other implementations, only the highlighted presentation in the user interface is provided and the user is required to identify the significance of the highlighted presentation. Additionally, in other implementations, more or different hints may be provided. As described above, the user's self-awareness score and/or performance score may be adjusted based on the user selecting the hint button 734 for a second occurrence (or any other occurrence).

As discussed above, rather than presenting one or more hints to a user, the system may allow, or require a user to execute, a dry run of a particular electronic activity (e.g., a game) before executing the electronic activity for evaluation purposes (e.g., to earn points that would be used to evaluate the user's performance). FIG. 23A shows a system user interface displaying instructions where the user must execute a dry run of a particular game before executing the game for evaluation purposes. FIG. 23C shows a system user interface displaying instructions where the user has the option of executing a dry run of a particular game before executing the game for evaluation purposes.

As shown in FIG. 23B, in various embodiments, the system may allow a user to optionally display a visual representation of their performance during a dry run (e.g., a path followed by a user during a dry run of a particular game). This may be useful in helping the user learn from their performance during the dry run. FIG. 24A shows a game board before the user plays the game. FIG. 24B shows the path taken by the user during a dry run, where the user's path is represented by dashed lines beginning with the lower right triangle and ending with the upper right triangle. FIG. 23B shows that the user may selectively cause the system to display the path taken by a user during a dry run by selecting a "dry run" icon, such as the "dry run" icon shown in FIG. 24A.

Self-Awareness and Memory Module

In particular embodiments, a Self-Awareness and Memory Module 600 is configured to: (1) initiate a self-awareness assessment; (2) provide one or more instructions for the self-awareness assessment; and (3) calculate (e.g., or modify an existing) awareness score (e.g., self-awareness score) for a user based on the user's adherence to the one or more instructions during completion of the self-awareness assessment.

Turning to FIG. 6, in particular embodiments, when executing the Self-Awareness and Memory 600, the system begins, at Step 610, by initiating a self-awareness assessment (e.g., one or more electronic activities or games) for a user. In particular embodiments, initiating the self-awareness assessment comprises executing computer code on a suitable computing device such as a smartphone or tablet computer (e.g., or any of the one or more remote computing devices 130 shown in FIG. 1). In particular embodiments, initiating the self-awareness assessment comprises displaying, via a suitable computing display, a graphical user

interface comprising the self-awareness assessment. In various embodiments, initiating the self-awareness assessment further comprises creating an electronic record for the self-awareness assessment, digitally storing the record in memory, and electronically associating the record with a user that is to complete the self-awareness assessment. In particular embodiments, the self-awareness assessment is embodied as an electronic game comprising a plurality of inputs through which the user can provide input to the system, respond to one or more prompts from the system, and otherwise interact with the system during the self-awareness assessment.

Continuing the Step 620, the system is configured to display a set of instructions associated with the self-awareness assessment. In particular embodiments, the system is configured to display the set of instructions on a graphical user interface (e.g., on a suitable video display screen associated with a computing device). In various embodiments, the set of instructions is associated with the self-awareness assessment and includes one or more tasks related to the self-awareness assessment, one or more goals related to the self-awareness assessment, one or more instructions related to the self-awareness assessment, etc.

In particular embodiments, the set of instructions includes one or more activities that the user must (e.g., or should) perform during the self-awareness assessment. For example, a self-awareness assessment may include: (1) a main task (e.g., a primary task); (2) one or more sub-tasks (e.g., one or more targeted tasks); (3) one or more conditional tasks; (4) one or more time conditional tasks, and/or (5) any other suitable task or activity that the self-awareness assessment is tasking the user with doing or completing for the purpose of measuring the user's awareness (e.g., and/or performance).

In particular embodiments, the set of instructions comprise a main task (e.g., a primary task). In particular embodiments, the primary task may include any suitable primary task such as entering data via the graphical user interface (e.g., via one or more keyboard inputs). The main task may include, for example, completing one or more math problems, reading, data entry, selecting a sequence of inputs, matching, or any other task that includes the provision, by the user, of one or more inputs to the system.

In still other embodiments, the set of instructions includes one or more sub-tasks (e.g., one or more targeted tasks). The one or more sub-tasks may include, for example: (1) an instruction to select a particular indicia on the graphical user interface when a particular image appears on the display; (2) an instruction to select a particular indicia on the graphical user interface if the user provides a particular input as part of the main task (e.g., enters a number within a particular range, selects a particular object, etc.); and/or (3) any other suitable instruction to select a particular indicia on the graphical user interface or perform any other suitable action as part of the self-awareness assessment for any suitable reason.

In any embodiment described herein, the one or more conditional tasks may include an instruction to perform a suitable action or select a suitable indicia in response to the occurrence of a particular condition. For example, during the course of the self-awareness assessment, a particular condition may occur (e.g., one or more images may change on the display, one or more portions of the main task may be completed, etc.). The set of instructions may include an instruction for the user to perform a particular action (e.g., or complete a particular task) in response to the occurrence of the one or more conditional tasks.

In various embodiments, the set of instructions include one or more instructions related to one or more time conditional tasks. In such embodiments, the one or more time conditional tasks may include an instruction to perform a particular task at a particular time during the self-awareness assessment. As may be understood in light of this disclosure, a particular self-awareness assessment may include a particular time limit. In such embodiments, the self-awareness assessment may include, on the display, a time indicator that indicates, for example, an elapsed time, an amount of time remaining, etc. The one or more time conditional tasks may include an instruction to perform a particular task (e.g., select a particular indicia) at a particular time during the self-awareness assessment. This may, for example, test whether the user can keep track of time as the user completes the main task.

Returning to Step 630, the systems electronically receives, from the user, input data during completion of the self-awareness assessment. In various embodiments, the system is configured to receive the input data via selection, by the user, of one or more on-screen indicia (e.g., via a touchscreen device). In other embodiments, the system is configured to receive the input data via one or more input devices (e.g., a keyboard and/or mouse). In various embodiments, the input data comprises timing data for each particular input received from the user during the self-awareness assessment (e.g., a time at which each particular input was received).

For example, the input data may include one or more of the following: (1) first input data received at a first time associated with a main task; (2) second input data received at a second time associated with a sub-task; (3) third input data received at a third time associated with a conditional task; and/or (4) fourth input data received at a fourth time associated with a time conditional task. In various embodiments, the system may be configured to receive a plurality of input data at a plurality of different times for each of the particular tasks described above. In some embodiments, the system is configured to store the input data and associated timing data in memory.

Continuing to Step 640, the system processes the input data by calculating an awareness score for the user (e.g., or modify an existing awareness score associated with the user) based at least in part on the input data. In various embodiments, each particular task described above may include a plurality of target inputs for the user, each having a particular target time. In various embodiments, the system is configured to modify the awareness score for the user based at least in part on a proximity of a completion time of each of the plurality of target inputs to its respective target time. In particular embodiments, the target time may, for example, be based on the set of instructions.

The system may, for example, electronically adjust the awareness score based at least in part on a first input, a first input time associated with the first input, and one or more instructions associated with a task for which the first input was provided (e.g., the main task). Where the one or more instructions associated with the task for which the first input was provided include a target time, the system may, for example: (1) determine whether the first input time is the first target time; (2) in response to determining that the first time is the first target time, increasing the awareness score by a first particular amount; (3) in response to determining that the first time is not the first target time, determining a delay time between the first input time and the first target time; and (4) increasing the awareness score by a second particular amount based at least in part on the delay time. In

some embodiments, if the delay time is longer than a threshold amount (e.g., or if the system never receives a target input), the system may be configured to decrease the awareness score. As may be understood in light of this disclosure, the longer it takes a user to provide the input after the first target time, their awareness score will increase by a lesser amount or even decrease as more time elapses (e.g., because this may indicate a lack of awareness).

In a particular example, while completing the main task during the self-awareness assessment, the system may display a targeted task (e.g., by displaying a particular image on the display screen). In response to the user selecting an associated indicia to indicate that the user noticed the targeted task, the system is configured to increase the awareness score. In some embodiments, in response to the user selecting the associated indicia after a delay, the system is configured to increase the awareness score (e.g., by an amount less than the system increases the score if the user notices the targeted task right away). In response to the user not selecting the associated indicia after the targeted task appears and disappears, the system is configured to decrease the awareness score.

In further embodiments, the system is configured to cause one or more conditions to occur that may trigger a conditional task (e.g., by displaying one or more images or videos, by modifying one or more images or videos in the graphical user interface, etc.). In response to the user selecting an associated indicia to indicate that the user noticed that the condition occurred as part of the conditional task, the system is configured to increase the awareness score. In some embodiments, in response to the user selecting the associated indicia after a delay, the system is configured to increase the awareness score (e.g., by an amount less than the system increases the score if the user notices the conditional task right away). In response to the user not selecting the associated indicia after the one or more conditions occur and then stop occurring, the system is configured to decrease the awareness score.

In still other embodiments, the system is configured to indicate to the user, via the interface, that one or more time conditions have occurred (e.g., via a clock, etc.), triggering a time conditional task. In response to the user selecting an associated indicia to indicate that the user noticed the time conditional task, the system is configured to increase the awareness score. In some embodiments, in response to the user selecting the associated indicia after a delay, the system is configured to increase the awareness score (e.g., by an amount less than the system increases the score if the user notices the time conditional task right away). In response to the user not selecting the associated indicia during the occurrence of the one or more time conditions, the system is configured to decrease the awareness score.

In various embodiments, the system is configured to modify, increase, or decrease the awareness score based on an analysis of each input provided by the user during the self-awareness assessment in addition to a time of each input and its related target time. In particular embodiments, the system is configured to modify, increase or decrease the score in an amount based on one or more weighting factors related to an importance of a task associated with the particular input. For example, missing or completing one or more inputs related to a main task may cause a greater decrease or increase in the awareness score than missing or completing one or more less important inputs (e.g., such as one related to a time conditional or other task).

In such embodiments, the system is configured to receive one or more weighting factors for each particular task that

makes up the set of instructions. In various embodiments, the system is configured to use the one or more weighting factors to calculate the awareness score. In various embodiments, the one or more weighting factors may, for example, be specific to the user. For example, a particular user may desire to improve particular skills related to executive function (e.g., based on the user's one or more goals discussed herein). In such embodiments, the system may be configured to automatically weight particular input types higher for scoring purposes for such users. For example, for a particular user that has trouble remembering particular time commitments or tasks, the system may weigh time conditional tasks higher (e.g., than other tasks) for awareness score calculation purposes (e.g., 1% higher, 2% higher, 5% higher, 10% higher, and so on). In various embodiments, the awareness score may be on a scale, as a percentage, as a letter grade, or in any other suitable configuration.

Returning to Step 650, the system digitally stores the awareness score in memory. In various embodiments, the system is configured to associate the awareness score with the electronic record for the self-awareness assessment. In other embodiments, the system is configured to associate the awareness score with the user. In various embodiments, the system is configured to track a change in awareness score for a particular user over time (e.g., based on a change in awareness score determined and/or calculated from different self-awareness assessments that the user takes over time). In particular embodiments, the system is further configured to generate a visual representation of the change in awareness score (e.g., a graph) and display the visual representation to any suitable individual upon request.

Exemplary User Experience of a Self-Awareness Assessment

FIG. 7 depicts an exemplary screen display with which a user may complete a self-awareness assessment. As may be understood in this figure, the screen display 700 depicts a set of instructions 905 for the user to follow during the completion of the self-awareness assessment. As may be understood from this figure, the set of instructions 705 may include any suitable set of instructions, such as those described above with respect to the Self-Awareness and Memory Module 600. As shown in this figure, the set of instructions 705 includes an instruction to click on a medal indicia 710 if: (1) the user sees a pineapple indicia 715 displayed on the screen; and/or (2) the user types in the number "100" 720. The screen display also includes a Begin button 730, which the user may select to initiate or otherwise begin the self-awareness assessment. As may be understood in light of this disclosure and the description of the Self-Awareness and Memory Module 600, these instructions may include one or more instructions related to a targeted task or sub-task of a main task that the user is completing during the self-awareness assessment.

FIG. 8 depicts an exemplary screen display 800 and user interface with which a user may complete a self-awareness assessment according to a particular embodiment. In the example shown in this figure, the main task of the self-awareness assessment may include the user entering, using a text entry box 805 and associated number inputs 810, a plurality of numbers from a listing of numbers 815. The user may, for example, be tasked with systematically entering all of the numbers from the listing of numbers 815 into the text entry box 805 during the self-awareness assessment. The assessment may, for example, be timed, and the system may track the time and display time elapsed and/or remaining to the user using a clock 820 or other suitable time display. This may, for example, test a user's ability to accurately repro-

25

duce entries (e.g., pay attention to what they are doing), maintain awareness that they are making entries correctly, etc.

As may be understood from FIG. 8, the embodiment of the self-awareness assessment displayed may implement the set of instructions **705** described above with respect to FIG. 7. As shown in FIG. 7, the appearance of the pineapple indicia **715** should trigger the user to select the medal indicia **710** (e.g., when the pineapple indicia **715** appears while the user is completing the main task). Although the number “100” **720** does not appear in the current listing of numbers **815**, the user should also select the medal indicia **710** if the number “100” **720** did appear on the list, when the user was entering the number “100” **720** into the text entry box **805**. In the example describe above, because the user selected the medal indicia **710** while the pineapple indicia **715** was being displayed, the system would increase the awareness score (e.g., based on an amount of time elapsed between the appearance of the pineapple indicia **715** and selection, by the user, of the medal indicia **710**).

Although FIG. 8 incorporates the set of instructions **705** from FIG. 7 in the example described above, other embodiments may utilize any other suitable set of instructions. For example, the self-awareness assessment shown in FIG. 8 may utilize one or more time conditional tasks using, for example, the clock **820** (e.g., the instructions may instruct the user to select the medal indicia **710** if the clock reads a particular time while the user is playing a game).

FIG. 9 depicts another exemplary screen display **900** with which a user may complete another exemplary self-awareness assessment. As may be understood in this figure, the screen display **900** depicts a set of instructions **905** for the user to follow during the completion of the self-awareness assessment. As may be understood from this figure, the set of instructions **905** may include any suitable set of instructions, such as those described above with respect to the Self-Awareness and Memory Module **600**. In the embodiment shown in this figure, the set of instructions **905** include an instruction to click on a medal indicia **910** if: (1) the user sees a face indicia **915** displayed on the screen; (2) the receipt is a toy store receipt **920**; and/or (3) the receipt is a receipt between “\$50 and \$60” **925**. The screen display also includes a Begin button **930**, which the user may select to initiate or otherwise begin the self-awareness assessment. As may be understood in light of this disclosure and the description of the Self-Awareness and Memory Module **600**, these instructions may include one or more instructions related to a targeted task or sub-task of a main task that the user is completing during the self-awareness assessment.

FIG. 10 depicts an exemplary screen display **1000** and user interface with which a user may complete a self-awareness assessment according to a particular embodiment. In the example shown in this figure, the main task of the self-awareness assessment may include the user entering, using a receipt entry field **1005** and associated number inputs **1010**, information regarding a plurality of receipts from a stack of receipts **1015**. The user may, for example, be tasked with systematically entering data such as a store name, amount, and category for all of the receipts from the stack of receipts **1015** during the self-awareness assessment. The assessment may, for example, be timed, and the system may track the time and display time elapsed and/or remaining to the user using a clock **1020** or other suitable time display.

As may be understood from FIG. 10, the embodiment of the self-awareness assessment displayed may implement the set of instructions **905** described above with respect to FIG.

26

9. As shown in FIG. 10, because the receipt **920** at the top of the stack of receipts is a toy store receipt **920** (e.g., a Toys R-Us receipt), the user is selecting the medal indicia **910** as instructed. Because the user is successfully selecting the medal indicia **910**, the system would increase the awareness score (e.g., based on a weighting factor associated with the receipt recognizing task).

FIG. 11 depicts an exemplary screen display **1100** showing an exemplary new task **1105** interrupting a main task that the user is performing (e.g., the main task described above with respect to FIG. 10). As may be understood from this figure, the new task **1105** includes a To Do List **1110** of actions to perform. The To Do List **1110** may include, for example, a list of tasks to perform in the representation of a kitchen **1115** shown in this figure. The list of tasks may include, for example, putting away dishes (e.g., by selecting the dishes and then selecting a cabinet), cleaning particular items in the kitchen (e.g., by selecting them), etc. In various embodiments, the user must perform the list of tasks in order. In various embodiments, the system may return the user to the main task (e.g., in FIG. 10) once the user has completed the list of tasks in the new task **1105**.

For example, if the user performs the tasks from the To Do List **1110** in order, the system may increase a performance or awareness score for the user. If the user tries to perform an erroneous task or chore as part of the new task **1105** or performs a task out of order, the system may decrease the performance and/or awareness score. If the user omits a task, the system may decrease the awareness and/or performance score.

Self-Awareness and Error Evaluation Module

In particular embodiments, when executing a Self-Awareness and Error Evaluation Module **1200**, the system is configured to provide an interface with which the user can review and evaluate the user’s own or another user’s performance on a particular game. The system may, for example, display a replay of another user’s performance of a particular game (e.g., a visual representation of the user’s actions). While the user is reviewing the other user’s play in a particular game, the system may be configured to prompt the user to evaluate one or more errors made by the other user. In particular embodiments, the system is configured to modify the user’s awareness score in response to the user correctly identifying a type of a particular error. In still other embodiments, the system is configured to modify the user’s score if the user is able to evaluate a correct reason for the error.

In particular embodiments, the system is configured to enable the user to evaluate their own performance (e.g., without informing the user that it is their own performance that they are evaluating). Some individuals may, for example, be unable to recognize their own shortcomings, but are better able to point out mistakes and reasons for mistakes in others. By presenting the user with their own performance for their review, the system may be configured to enable the user to evaluate their own performance more accurately or openly.

In particular embodiments, the system is configured to provide feedback to the user during a particular evaluation session. For example, by having the user identify one or more errors in replays of games previously played by themselves or others, the system may teach the user to identify errors in execution when playing a game and reasons for those errors. In particular embodiments, this teaching may enable the user to identify potential errors in the future when the user is playing other iterations of various games. In particular embodiments, the system is further

configured to modify a user's awareness score based at least in part on the user's recognition of the benefit of the evaluation sessions. For example, the system may be configured to increase the user's awareness score in response to the user providing feedback that the evaluations and feedback that the user received was helpful and that the user will incorporate that feedback into their life. In various embodiments, the Self-Awareness and Error Evaluation Module 1200 may facilitate coaching of the user using techniques to improve their executive function skills through review.

Turning to FIG. 12, when executing the Self-Awareness and Error Evaluation Module 1200, the system begins, at Step 1210 by facilitating an evaluation, by a first user, of an electronic activity completed by a second user. In particular embodiments, the second user is any suitable user that has completed any suitable electronic activity (e.g., electronic game, self-awareness assessment, etc.). In other embodiments, the second user is a user that has completed a game that the first user has also completed. In still other embodiments, the first user is the second user. In particular embodiments, for example, the system is configured to enable the user to evaluate their own performance (e.g., without informing the user that it is their own performance that they are evaluating). Some individuals may, for example, be unable to recognize their own shortcomings, but are better able to point out mistakes and reasons for mistakes in others. By presenting the user with their own performance for their review, the system may be configured to enable the user to evaluate their own performance more accurately or openly.

Continuing to Step 1220, the system displays, via a suitable graphical user interface (GUI), a visual representation of a second user completing the electronic activity. In particular embodiments, the system is configured to display the GUI via a suitable computing device (e.g., the one or more remote computing devices 130 shown in FIG. 1). In particular embodiments, the visual representation of the second user completing the electronic activity comprises a video replay of the second user completing the electronic activity. In other embodiments, the visual representation comprises one or more images of the second user completing the electronic activity. In still other embodiments, the visual representation comprises a visual indication of the second user's input device (e.g., finger, mouse, etc.) while the user is (e.g., was) completing the electronic activity. This may, for example, indicate to the first user what the second user was clicking on, selecting, and otherwise inputting while completing the electronic activity. In still other embodiments, the system may also include an audio representation of the second user's completion of the activity. This may include, for example, audio of one or more ambient noises that the second user heard as the second user completed the activity, or any other suitable sound.

Returning to Step 1230, the system, while displaying the visual representation of the second user completing the electronic activity, gathers feedback from the first user indicating the second user's performance on the electronic activity. In particular embodiments, gathering feedback comprises gathering feedback regarding the second user's performance in completing the electronic activity. The feedback may include, for example: (1) that the second user should have used a learning aid; (2) that the second user should have utilized a different learning aid than they utilized; (3) that the second user seemed to struggle with a particular type of task; (4) that the second user committed a particular error; (5) that the second user committed a particular type of error; (6) one or more reasons for an identified error; (7) one or more distractions identified by the first user;

(8) one or more obvious consequences of the one or more distractions; (9) one or more unseen consequences of the one or more distractions; and/or (10) etc.

In particular embodiments, the system is configured to assign the first user to an additional user that is evaluating the second user. The system may then be configured to enable the first user to evaluate the additional user's evaluation of the second user. In such embodiments, the system is configured to collect additional feedback data from the first user regarding the additional user's evaluation of the second user such as, for example: (1) the additional user has misidentified an error; (2) the additional user has misidentified a cause of an error or reason for the error; (3) the additional user has missed one or more errors; and/or (4) the additional user made any other suitable mistake in their evaluation. In particular embodiments, the additional user is a third user. In various embodiments, the additional user is the first user. In such embodiments, the system may display, to the first user, a visual representation of the first user evaluating the second user at a prior time. In various embodiments, the additional user is a virtual user. (e.g., the additional user may not include a real person, but a simulated person).

In still other embodiments, the feedback data comprises feedback data associated with one or more correct actions taken by the second user. In this way, the system may provide a learning opportunity to the first user even if the first user is not merely identifying mistakes (e.g., even if there are no mistakes to identify).

At Step 1240, the system is configured to automatically evaluate the feedback data to determine a learning score for the first user, wherein evaluating the feedback data comprises modifying the learning score based at least in part on the feedback data. The system may, for example, identify a type of error identified from the feedback data gathered at Step 1230 above. The system may then determine whether the identified type of error is relevant to one or more errors actually committed by the second user. The system may then, in response to determining whether the identified type of error is relevant to the one or more errors, modify the learning score by: (1) increasing the learning score if the identified type of error is relevant; and (2) decreasing (e.g., not increasing) the learning score if the identified type of error is not relevant.

In particular embodiments, the system is further configured for: (1) in response to determining that the identified type of error is not relevant to the one or more errors, prompting the user to identify a second type of error; (2) determining whether the identified second type of error is relevant to the one or more errors; and (3) in response to determining that the identified second type of error is relevant to the one or more errors, increasing the learning score. In this way, the system may provide the first user with an additional opportunity to identify the error.

In particular embodiments, the feedback data may comprise one or more distractions identified by the first user. In such embodiments, the system may prompt the first user to identify one or more errors caused by the one or more distractions (e.g., audio or visual distractions).

In embodiments in which the first user is reviewing a third user's evaluation of a second user, the system may be configured to: (1) identify a type of glitch regarding the third user's evaluation; (2) prompt the first user to evaluate one or more consequences of the glitch; and (3) in response to the first user evaluating the one or more consequences, modifying the first user's learning score (e.g., based on the first user's evaluation of the one or more consequences). In this

way, the system may be configured to teach the user to identify obvious and unseen consequences in errors in both performing and evaluating a particular electronic activity. The user may then use these skills of identification when completing future activities to avoid potential pitfalls and mistakes that could affect their performance and/or awareness.

In various embodiments, the feedback data may be related to the one or more goals discussed below with respect to the Executive Function Training Module **1800** below. As will be discussed more fully below, the system may be configured to prompt a user to connect errors and other feedback derived from various electronic activities to real-life goals that the system has identified for the first user.

In particular other embodiments, the system is configured to prompt the user to evaluate one or more benefits of the evaluation sessions discussed above. The system may, in response to receiving positive feedback regarding the evaluation sessions, be configured to modify the user's learning score (e.g., by increasing it). This may, for example, encourage the user to see the benefit in evaluation and coaching as it pertains to an overall improvement in executive function and related skills.

Returning to Step **1250**, the system digitally stores the learning score in an electronic record associated with the first user. In various embodiments, the electronic record associated with the first user is the electronic record for the self-awareness assessment discussed above with relation to Step **650** of the Self-Awareness and Memory Module **600**. In particular embodiments, the system is configured to associate the learning score with the first user in computer memory (e.g., the one or more databases **140** shown in FIG. 1). In various embodiments, the system is configured to track a change in learning score for a particular user over time (e.g., based on a change in learning score determined and/or calculated as the user completes additional electronic activities and/or self-awareness assessments, provides feedback, provides strategy recommendations/selections, etc.). In particular embodiments, the system is further configured to generate a visual representation of the change in learning score (e.g., a graph) and display the visual representation to any suitable individual upon request.

Exemplary User Experience of Error Evaluation

FIGS. **13-17** depict exemplary screen displays that a user may experience when evaluating one or more electronic activities performed by a second user (e.g., a virtual user). Turning to FIG. **13**, as may be understood from this interface **1300**, the system may display a virtual representation of a coach **1310**, who may, for example, guide the user through the process of evaluating the second user. As shown in FIG. **13**, the user may select to go over one or more glitches from a particular electronic activity (e.g., game).

FIG. **1400** shows a user interface **1400** via which a user may review a second user's (e.g., Ethan's) performance on a particular electronic activity. As may be shown in this figure, the user interface **1400** includes a visual representation **1410** of the second user completing the electronic activity. In particular embodiments, the visual representation **1410** includes a simulated display of a virtual user completing the electronic activity. Continuing to FIG. **15**, the system displays a user interface **1500** via which the user can provide feedback regarding the second user's completion of the electronic activity. As shown in this figure, the interface **1500** comprises a plurality of selected mistake options **1510**, from which a user may select an identified mistake or issue with the second user's completion of the activity.

Continuing to FIG. **16**, the user interface **1600** provides feedback regarding the user's selection provided via the interface **1500** in FIG. **15**. In particular, the coach **1310** in FIG. **16** is providing feedback **1620** that the user provided an incorrect answer (e.g., identified a mistake that the second user did not make). Continuing to FIG. **17**, the interface **1700** comprises feedback **1720** from the coach **1310** indicating the correct mistake, and further depicts the correct selected mistake from the selected mistake options **1710**.

Executive Function Training Module

In various embodiments, the system, when executing an Executive Function Training Module **1800**, is configured to facilitate an improvement of a particular user's executive function skills (e.g., by tracking the user's executive function progress, modifying and updating a user's goals related to improving his or her skills related to executive function, etc.) In particular embodiments, when executing the Executive Function Training Module **1800**, the system is configured to create an electronic record for each individual user, which may, for example, include a user profile. In various embodiments, the system may populate the user profile with information regarding the user's strengths and weaknesses relating to the user's executive function. The system may identify these strengths and weaknesses based at least in part on data related to the user's performance and self-awareness determined during the user's completion of the various iterations of games and other electronic activities discussed above. In particular embodiments, the system is configured to calculate a self-awareness score, performance score, etc. for a user based on the user's performance on one or more particular activities such as one or more self-awareness assessments, one or more games, etc. The system may then generate and/or store goals for the user and associate those goals with the user profile.

In particular embodiments, the system (e.g., via the Executive Function Training Module **1800**) comprises a training process for improving the user's executive function (e.g., such as the executive function skills discussed above). For example, the system may provide a plurality of training games that are tailored to the user and based at least in part on the user's goals. The system may, for example, as part of the training process, track the user's progress by analyzing one or more connections between the user's strategy in playing particular games, the user's goals, and real-life skills that the user is attempting to develop.

As part of the training process, the system may measure the user's ability to connect strategies for performing in particular games to real life skills and the user's goals. The system may, for example, calculate a score for the user that relates to the user's ability to evaluate the usefulness of particular strategies that reflect a connection between new things the user has learned while evaluating errors and real-life skills that are reflected in the user's goals. For example, the system, in various embodiments, may be configured to modify such a score based on a user's ability to: (1) identify one or more effective habits to take away from evaluating another user's performance in particular games; (2) pick a strategy aid that actually helps the user's performance in a particular game (e.g., results in improved performance); (3) match one or more strategies or habits to particular life goals; (4) rate the usefulness of provided strategies; and/or (5) etc.

Referring to FIG. **18**, when executing the Executive Function Training Module **1800**, the system begins, at Step **1810**, by identifying one or more goals for a user based at least in part on the user's performance data and self-awareness level. In particular embodiments, the system may

be configured to gather such performance and self-awareness data using any suitable technique described herein (e.g., via the Self-Awareness Determination Module **300** and/or the Self-Awareness and Memory Module **600** described above).

In particular embodiments, the one or more goals may include any suitable goal such as a goal to improve one or more skills related to executive function that the system identifies that the user may lacking in or be in need of improvement on. These skills may include, for example: (1) keeping track of time; (2) making plans; (3) making sure work is finished on time; (4) multi-tasking; (5) applying previously learned information to solve a problem; (6) analyzing ideas; (7) looking for help or more information if they need it; and/or (8) any other suitable skill related to executive function and/or described herein. In a particular example, referring back to FIG. **10**, when entering the information from the various receipts, a user that has trouble remembering to look out for the face indicia **915** may struggle with the skill of multi-tasking. In this example, the system may determine that the one or more goals for the user include a goal to improve multi-tasking ability.

In particular embodiments, the one or more goals comprise real-life goals for the user to aspire to. In still other embodiments, the one or more goals include one or more goals related to the one or more electronic activities (e.g., complete a particular number of activities, make a particular amount of progress in a particular amount of time, improve an awareness or performance score by a particular amount, etc.).

Returning to FIG. **18**, at Step **1820**, the system is configured to gather strategy data for the user related to the identified one or more goals. In particular embodiments, the system may, for example, require the user to select a particular strategy aid (e.g., for use in a particular electronic game or activity, such as any electronic activity described herein). In various embodiments, the strategy aid may include, for example, (1) a demo of the game; (2) a hint regarding how to play the game successfully; and/or (3) an opportunity to replay the game. In other embodiments, the strategy aid may include, for example: (1) enabling the user to review a video of themselves playing another iteration of the game; (2) enabling the user to view a video related to the importance of training; (3) enabling the user to review their one or more goals; and/or (4) etc.

In still other embodiments, the system is configured to collect strategy data by prompting the user to recommend the single most relevant strategy from one or more provided options (e.g., most relevant for a particular game). In still other embodiments, the system may gather data by prompting the user to provide at least a particular number of effective smart habits for use in one or more future iterations of a game. In still other embodiments, the system may prompt the user to math one or more of the user's goals to strategies identified by the user. In still other embodiments, the system is configured to enable the user to rate the usefulness of one or more provided strategies. In such embodiments, the system may be configured to collect such strategy data in order to analyze a connection between strategies that the user is able to successfully or unsuccessfully apply to an electronic game to the user's real-life goals identified at Step **1810**.

Continuing to Step **1830**, the system is configured to automatically evaluate and analyze the strategy data to assess an executive function progression score for the user. For example, in embodiments in which the system is configured to prompt the user to select a particular strategy aid,

the system may, for example: (1) modify the user's executive function progress score based at least in part on whether the user actually selects a strategy aid as instructed; (2) modify the user's executive function progress score based at least in part on whether the strategy aid actually assists the user in playing the game (e.g., increases the user's performance score for the game); (3) modify the user's executive function progress score based at least in part on a relevance of the selected strategy to the particular electronic activity; (4) modify the user's executive function progress score based at least in part on whether the user selects an appropriate number of smart habits or strategy aids for a particular activity; (5) modify the user's executive function progress score based at least in part on whether based on how highly the user rates a particular strategy aid; and/or (6) modifies the user's executive function progress score based on any other suitable factor related to one or more strategy aids selected, recommended, or otherwise employed (e.g., not employed) by the user.

In particular embodiments, the system is configured to: (1) present the user with an option to select a learning aid (e.g., strategy aid) to assist the user in playing a game; (2) determine whether the user opted to use the learning aid; (3) in response to determining that the user opted to use the learning aid, increasing the executive function progression score; and (4) in response to determining that the user opted not to use the learning aid, decreasing (e.g., or not increasing) the executive function progression score. In still other embodiments, the system is configured to: (1) determine whether the learning aid improved the user's performance while the user completed one or more electronic activities; (2) in response to determining that the learning aid improved the performance, increasing a progression score of the user; and (3) in response to determining that the learning aid did not improve the performance, decreasing (e.g., not increasing) a progression score of the user. In various embodiments, the learning aid may comprise reviewing, by the user, the one or more goals prior to completing a particular electronic activity.

Additionally, in some embodiments, the user may be presented with a learning aid prior to the user playing the game (e.g., prior to the user selecting the start the game). In response to determining that the user opted to use the learning aid prior to the user playing the game, the system may increase (e.g., by at least about 5%, at least about 10%, and/or at least about 20%) the progression score of the user. In response to determining that the user opted to use the learning aid during the user playing the game, the system may increase (e.g., by at least about 5%, at least about 10%, and/or at least about 20%) the progression score of the user. In some implementations, in response to determining that the user did not opt to use the learning aid prior to or during the user playing the game, the system may decrease (e.g., not increase) the progression score of the user.

In some embodiments, as the user is performing the electronic activity (e.g., playing a game), a virtual coaching module, as described above, may determine whether the user is making, or has made, one or more mistakes (e.g., performing inaccurately). In response to determining that the user is executing one or more mistakes, the virtual coaching module may prompt the user to use help in the performance of the electronic activity. The help may be an option that was provided throughout the duration of the electronic activity, and/or another option that is available to the user after the coach prompts the user to use help, or at any other suitable time. The help options may include, for example, (1) a selection of a learning aid, (2) an option to redo the

electronic activity, (3) one or more tutorials, and/or (4) any other suitable options. In response to determining that the user selected a help option after being prompted by the coach, the system may increase the progression score of the user. Additionally, in response to determining that the user did not select a help option after being prompted by the coach, the system may decrease (e.g., not increase) the progression score of the user.

In various other embodiments, the system is configured to: (1) present the user with an option to select a learning aid that is most relevant to one or more electronic activities; (2) determine a relevance level of the learning aid to the one or more electronic activities; and (3) in response to determining the relevance level, modifying the performance score for the user (e.g., based at least in part on the relevance level). In various embodiments, the system is configured to determine the relevance level based on, for example, an association between the learning aid and the activity. In other embodiments, the system may determine the relevance based on one or more pieces of feedback data received from the user (e.g., in the context of the Self-Awareness and Error Evaluation Module **1200** described above). For example, if the user had identified a particular type of strategy or learning aid that would have been helpful when evaluating their own previous gameplay or that of another user for a similar type of electronic game, the system may determine that the learning aid selected by the user as relevant was, in fact, relevant based at least in part on such information (e.g., if the user selects the same type of learning aid as relevant in an instant game as compared to when the user provided feedback as part of an error evaluation).

In some embodiments, the system may be further configured to: (1) determine that the learning aid has a high relevance; and (2) in response, increasing the progression score by a first amount. In other embodiments, the system is configured to: (1) determine that the learning aid has a medium relevance; and (2) in response, increasing the progression score by a second amount. In some embodiments, the second amount is less than the first amount. In still further embodiments, the system may be configured to: (1) determine that the selected learning aid has a low relevance; and (2) in response, decreasing (e.g., not increasing or otherwise not modifying) the progression score.

In some embodiments, the system is configured to analyze the user's performance on a particular electronic activity (E.g., self-awareness assessment or game) to identify one or more errors committed during the electronic activity. In such embodiments, the system may present the user with an option to select a particular number of smart habits for avoiding those errors during future activities. For example, the system may present the user with the option to select two smart habits, three smart habits, four smart habits, or any other suitable number of smart habits. In various embodiments, the system may be further configured to modify the user's executive function progression score based at least in part on a number of smart habits selected by the user. The system may, for example, increase the user's executive function progression score in response to determining that the user selected the indicated number of habits. The system may decrease (e.g., not increase) the user's progression score in response to determining that the user selected fewer than the indicated number of habits.

In various other embodiments, the system is configured to: (1) present the user with an option to match the one or more goals to a particular smart habit; and (2) modify the executive function progression score in response to the user selecting a smart habit. In various embodiments, the system

may increase the progression score to indicate that the user is successfully connecting lessons taken from the one or more activities to the user's real-life goals identified at Step **1810**. The system may further modify the progression score based at least in part on the selected goal and habit. For example, in response to the user selecting a habit of asking for help as a good habit for a goal of improving multi-tasking, the system may be configured to reduce the progression score because asking for help may not relate to a user's ability to multi-task. However, the system may increase the progression score in response to the user selecting a habit of asking for help as a good habit for completing required tasks on time. For example, recognizing that the user needs help to complete the task on time and asking for the help have a strong causality toward the user recognizing ways they can work toward the goal of completing tasks on time (e.g., because the user may be unable to complete the task on time without help).

As discussed above, the system may allow the user to select to perform a dry run of a particular electronic activity (e.g., a game) before executing the electronic activity for evaluation purposes. The system may adjust the executive function progression score of the user based on (1) whether the user selected to perform the dry run of the particular electronic activity, and (2) how the user performed on the dry run of the particular electronic activity if the user selected to perform the dry run.

In response to determining that the user opted to perform a dry run of the particular activity prior to user performing the electronic activity and that the user performed well on the dry run, the system may increase a progression score of the user. In response to determining that the user opted to perform a dry run of the particular activity prior to the user performing the electronic activity, but the user did not perform well on the dry run, the system may decrease or not increase a progression score of the user. In some embodiments, the system may calculate a dry run performance score based on the user's performance in the dry run of the electronic activity. For example, the dry run performance score may increase when the user performs more accurately in the dry run performance and decrease (or stay the same) when the user performs inaccurately in the dry run performance. In some implementations, in response to determining that the user did not opt to perform a dry run of the particular activity prior to the user performing the electronic activity, the system may decrease or not increase the progression score of the user.

Returning to Step **1840**, the system is configured to digitally store the executive function progression score in an electronic record associated with the user. In various embodiments, the electronic record associated with the user is the electronic record for the self-awareness assessment discussed above with relation to Step **650** of the Self-Awareness and Memory Module **600**. In particular embodiments, the system is configured to associate the executive function progression score in computer memory (e.g., the one or more databases **140** shown in FIG. **1**). In various embodiments, the system is configured to track a change in executive function progression score for a particular user over time (e.g., based on a change in executive function progression score determined and/or calculated as the user completes additional electronic activities and/or self-awareness assessments, provides feedback, provides strategy recommendations/selections, etc.). In particular embodiments, the system is further configured to generate a visual representation of the change in executive function progression

35

score (e.g., a graph) and display the visual representation to any suitable individual upon request.

At Step **1850**, the system may optionally modify the one or more goals based at least in part on the progression score. For example, in response to determining that the user's progression score has increased for a particular goal or skill, the system may reduce an amount of training directed toward that particular goal or skill (e.g., the system may provide the user with fewer games catered toward improving that particular goal or skill to complete). The system may, for example, increase a number of electronic activities that the user must/may complete for one or more other skills for which the user has made less progress (e.g., based on the user's progression score associated with that particular goal or skill decreasing, remaining the same, or increasing by a lower amount than a progress score for another skill).

In particular embodiments, the system may modify a training plan associated with the user to include more or fewer electronic activities related to a particular executive function skill. The system may, in other embodiments, adjust a difficulty of one or more existing games in the training plan. The training plan may, for example, comprise a plurality of electronic activities that the user is scheduled to complete. The system may, in particular embodiments, automatically adjust the training plan (e.g., the one or more games and/or electronic activities that make up the plan) based at least in part on the user's determined progress.

Exemplary User Experience of Executive Function Training

FIGS. **19-22** depict exemplary screen displays that a user may experience related to executive function training. FIG. **19** depicts an interface **1900** via which a user can access their executive function profile **1905**, their executive function goals **1910**, one or more training games, **1925**, one or more user created videos **1920** (e.g., for review, evaluation, etc.), and/or a coach selection **1925** (e.g., for use in user evaluation as discussed above).

FIGS. **20A-20B** depict exemplary threshold questions which a user may answer, and which the system may use to determine one or more goals for the user. The system may, for example generate score for different areas related to executive function based at least in part on the user's responses to the questions in FIGS. **20A-20B**. For example, the system may determine a score for the user that the system uses to identify one or more goals based on, for example: complex attention, working memory, time management, prospective memory, organization and planning, flexibility and perspective taking, motivation, and meta-awareness, etc.

FIG. **21** depicts an exemplary screen display **2100** showing a breakdown of one or more scores derived for a particular user based, for example, on the user's responses to one or more questionnaires, the user's performance on one or more electronic games, etc. As may be understood from this figure, the screen display **2100** includes a breakdown **2105** of a particular skill, as well as breakdowns **2110** of a plurality of skills related to executive function. As may be understood from the example in this figure, the user likely needs the most help on motivation and meta-awareness. In this case, the system may be configured to identify a goal to improve those skills (e.g., by directing the user to complete one or more electronic games related to those skills).

FIG. **22** depicts a screen display **2200** with which a user may provide feedback regarding a helpfulness rating **2205** of particular strategies. The user may, for example, rate a particular strategy on a star scale to provide the system with information regarding types of strategies that the user finds most helpful.

36

CONCLUSION

Many modifications and other embodiments of the invention will come to mind to one skilled in the art to which this invention pertains having the benefit of the teachings presented in the foregoing descriptions and the associated drawings. Therefore, it is to be understood that the invention is not to be limited to the specific embodiments disclosed and that modifications and other embodiments are intended to be included within the scope of the appended claims. Although specific terms are employed herein, they are used in a generic and descriptive sense only and not for the purposes of limitation.

What is claimed is:

1. A data processing system for processing data regarding the self-awareness of a user for use in the development of the user's executive functions, the data processing system comprising:

- a. at least one computer processor; and
- b. memory operatively coupled to the at least one computer processor; wherein the at least one computer processor is adapted for:
 - i. creating an electronic record for a self-awareness training plan associated with the user and digitally storing the electronic record;
 - ii. executing computer-readable instructions that, when executed by the at least one computer processor, facilitate the completion of one or more electronic activities by the user, wherein the one or more electronic activities comprise:
 - presenting a graphical user interface to the user on a video display unit, the graphical user interface requesting completion of one or more tasks,
 - receiving user input associated with the one or more tasks from the user via an input device at the at least one computer processor,
 - responsive to receiving the user input associated with the one or more tasks, storing an indication of the user input associated with the one or more tasks in the memory, and
 - generating performance data of the user based on the indication of the user input associated with the one or more tasks;
 - iii. gathering self-awareness data and the performance data of the user as the user completes the one or more electronic activities, wherein the self-awareness data is associated with the user's awareness of the user's abilities while the user completes the one or more electronic activities and the performance data is associated with the user's performance while the user completes the one or more electronic activities;
 - iv. automatically calculating an executive function score based at least in part on the self-awareness data and the performance data;
 - v. digitally storing the performance data, the self-awareness data, and the executive function score with the electronic record for the self-awareness training plan;
 - vi. identifying one or more goals for the user based at least in part on the performance data and the self-awareness data;
 - vii. providing one or more strategies to the user based at least in part on the identified one or more goals;
 - viii. gathering strategy data for the user related to the provided one or more strategies;

37

- ix. automatically evaluating the strategy data to calculate, for the user, an executive function progression score; and
 - x. digitally storing the executive function progression score with the electronic record for the self-awareness training plan.
2. The data processing system of claim 1, wherein: gathering the strategy data comprises:
- executing computer-readable instructions that, when executed by the at least one computer processor, facilitate the completion of an additional one or more electronic activities by the user;
 - while the user completes the additional one or more electronic activities, presenting, by the at least one computer processor, the user with an option to select a learning aid that that is most relevant to the additional one or more electronic activities;
 - determining whether the user opted to use the learning aid;
 - in response to the user selecting to use the learning aid, modifying the executive function progression score for the user.
3. The data processing system of claim 2, wherein the at least one computer processor is further configured for:
- determining whether the learning aid improved the user's performance while the user completed the additional one or more electronic activities; and
 - in response to determining that the learning aid improved the user's performance, increasing the executive function progression score for the user.
4. The data processing system of claim 3, wherein the at least one computer processor is further configured for, in response to determining that the learning aid did not improve the user's performance, decreasing the executive function progression score for the user.
5. The data processing system of claim 4, wherein the learning aid comprises reviewing, by the user, the identified one or more goals prior to completing the additional one or more electronic activities.
6. The data processing system of claim 1, wherein gathering the strategy data comprises:
- executing computer-readable instructions that, when executed by the at least one computer processor, facilitate the completion of an additional one or more electronic activities by the user;
 - presenting, by the at least one computer processor, the user with an option to select a second learning aid that is most relevant to the additional one or more electronic activities;
 - determining a relevance level of the second learning aid to the additional one or more electronic activities; and
 - in response to determining the relevance level, modifying the executive function progression score for the user.
7. The data processing system of claim 6, wherein the at least one computer processor is further configured for:
- determining that the second learning aid has a high relevance level to the additional one or more electronic activities;
 - in response to determining that the second learning aid has the high relevance, increasing the executive function progression score by a first amount.
8. The data processing system of claim 6, wherein the at least one computer processor is further configured for:

38

- determining that the second learning aid has a medium relevance level to the additional one or more electronic activities;
 - in response to determining that the second learning aid has the medium relevance, increasing the executive function progression score by a second amount.
9. The data processing system of claim 6, wherein the at least one computer processor is further configured for:
- determining that the second learning aid has a low relevance level to the additional one or more electronic activities;
 - in response to determining that the second learning aid has the low relevance, decreasing the executive function progression score.
10. The data processing system of claim 6, wherein: the at least one computer processor is further adapted for:
- displaying, via a second graphical user interface to the user, a visual representation of the user completing the one or more electronic activities;
 - while displaying the visual representation of the user completing the one or more electronic activities, gathering feedback data from the user indicating the user's performance on the one or more electronic activities, the feedback data comprising at least one suggested learning aid; and
 - determining the relevance level of the second learning aid to the additional one or more electronic activities comprises determining the relevance level based at least in part on the feedback data.
11. The data processing system of claim 10, wherein determining the relevance level of the second learning aid to the additional one or more electronic activities comprises comparing the second learning aid to the at least one suggested learning aid.
12. A computer-implemented data processing method for electronically receiving self-awareness assessment data related to a first user and electronically calculating an executive function progression score of the user, the method comprising:
- providing, by one or more processors, to the first user on a video display unit, a first graphical user interface for completing a self-awareness assessment;
 - receiving, by one or more processors, a command to initiate a self-awareness assessment associated with the first user;
 - creating, by one or more processors, an electronic record for the first user and digitally storing the electronic record;
 - initiating, by one or more processors, the self-awareness assessment, wherein initiating the self-awareness assessment comprises providing, to the first user on the video display unit, a second graphical user interface requesting completion of one or more tasks;
 - electronically receiving, by one or more processors via an input device, during the self-awareness assessment, input data associated with the one or more tasks comprising one or more user inputs from the first user;
 - processing, by one or more processors, the input data associated with the one or more tasks by electronically associating an indication of the input data associated with the one or more tasks with the electronic record for the first user in a memory;
 - automatically analyzing, by one or more processors, the input data associated with the one or more tasks to determine an awareness score for the first user;

39

identifying, by one or more processors, one or more goals for the first user based at least in part on the awareness score;

gathering strategy data, by one or more processors, for the first user related to the self-awareness assessment;

automatically evaluating, by one or more processors, the strategy data to assess, for the first user, the executive function progression score; and

digitally storing, by one or more processors, the executive function progression score with the electronic record for the first user.

13. The computer-implemented data processing method of claim **12**, further comprising:

analyzing the input data to identify one or more user errors during the self-awareness assessment;

presenting the first user with an option to select a particular number of habits for avoiding the one or more errors during a future self-awareness assessment;

determining a number of habits selected by the first user; and

modifying the executive function progression score based at least in part on the determined number of habits selected and the particular number of habits.

14. The computer-implemented data processing method of claim **13**, wherein:

the particular number of habits comprise three habits; and
modifying the executive function progression score based at least in part on the determined number of habits selected and the particular number of habits comprises increasing the executive function progression score in response to determining that the number of habits selected by the first user comprises three habits.

15. The computer-implemented data processing method of claim **13**, further comprising:

presenting the first user with an option to match the one or more goals to a particular habit of the habits for avoiding the one or more errors; and

in response to selection, by the first user, of the particular habit, modifying the executive function progression score.

16. The computer-implemented data processing method of claim **15**, wherein modifying the executive function progression score in response to selection, by the first user, of the particular habit, comprises modifying the executive function progression score based at least in part on a determined connection among the particular habit, the one or more goals, and the one or more errors.

17. The computer-implemented data processing method of claim **12**, further comprising:

while the first user completes the self-awareness assessment, presenting the first user with an option to select a learning aid that will assist the first user in completing the self-awareness assessment;

determining whether the first user opted to use the learning aid;

in response to determining that the first user opted to use the learning aid, modifying the executive function progression score for the first user.

18. The computer-implemented data processing method of claim **17**, further comprising:

After completion of the self-awareness assessment, prompting the first user to provide a usefulness rating for the selected learning aid; and

modifying the executive function progression score based at least in part on the usefulness rating.

40

19. The computer-implemented data processing method of claim **18**, wherein modifying the executive function progression score based at least in part on the usefulness rating comprises:

increasing the executive function progression score in response to determining that the usefulness rating is a high rating; and

not increasing the executive function progression score in response to determining that the usefulness rating is a low rating.

20. The computer-implemented data processing method of claim **19**, further comprising:

determining whether the learning aid improved the first user's performance while the first user completed the self-awareness assessment; and

in response to determining that the learning aid improved the first user's performance, increasing the executive function progression score for the first user.

21. A computer-implemented data processing method for processing data regarding the self-awareness of a user for use in the development of the user's executive functions, the method comprising:

creating, by one or more processors, an electronic record for a self-awareness training plan associated with a user and digitally storing the electronic record;

facilitating, by one or more processors, completion of one or more electronic activities by the user, wherein the one or more electronic activities comprise:

presenting a graphical user interface to the user on a video display unit, the graphical user interface requesting completion of one or more tasks,

receiving user input associated with the one or more tasks from the user via an input device by one or more processors,

responsive to receiving the user input associated with the one or more tasks, storing an indication of the user input associated with the one or more tasks in a memory, and

generating performance data of the user based on the indication of the user input associated with the one or more tasks;

gathering, by one or more processors, self-awareness data and the performance data of the user as the user completes the one or more electronic activities, wherein the self-awareness data is associated with the user's awareness of the user's abilities while the user completes the one or more electronic activities and the performance data is associated with the user's performance while the user completes the one or more electronic activities;

digitally storing, by one or more processors, the self-awareness data and the performance data with the electronic record for the self-awareness training plan;

identifying one or more goals for the user based at least in part on the performance data and the self-awareness data;

providing one or more strategies to the user based at least in part on the identified one or more goals;

gathering strategy data for the user related to the provided one or more strategies;

automatically evaluating the strategy data to calculate, for the user, an executive function progression score; and

digitally storing the executive function progression score with the electronic record for the self-awareness training plan.

41

22. The computer-implemented method of claim 21, wherein:

gathering the strategy data comprises:

facilitating, by one or more processors, completion of an additional one or more electronic activities by the user;

prior to the user completing the additional one or more electronic activities, presenting, by the at least one computer processor, the user with an option to select a learning aid that will assist the user in playing the game;

determining whether the user opted to use the learning aid prior to the user completing the additional one or more electronic activities; and

in response to determining whether the user opted to use the learning aid prior to the user completing the additional one or more electronic activities, modifying the executive function progression score for the user.

23. The computer-implemented method of claim 22, wherein:

determining that the user opted to use the learning aid prior to the user completing the additional one or more electronic activities; and

in response to determining that the user opted to use the learning aid prior to the user completing the additional one or more electronic activities, increasing the executive function progression score for the user.

24. The computer-implemented method of claim 22, wherein:

determining that the user did not opt to use the learning aid prior to the user completing the additional one or more electronic activities;

in response to determining that the user did not opt to use the learning aid prior to the user completing the additional one or more electronic activities, decreasing the executive function progression score for the user.

25. The computer-implemented method of claim 21, wherein:

gathering the strategy data comprises: facilitating, by one or more processors, completion of an additional one or more electronic activities by the user;

while the user completes the additional one or more electronic activities, determining whether the user is executing one or more mistakes in the completion of the additional one or more electronic activities;

in response to determining that the user is executing one or more mistakes in the completion of the additional one or more electronic activities, prompting the user to select one or more help options to assist in completing the additional one or more electronic activities;

determining whether the user opted to select the one or more help options prior to the user completing the additional one or more electronic activities;

in response to determining that opted to select the one or more help options prior to the user completing the additional one or more electronic activities, increasing the executive function progression score for the user.

26. The computer-implemented method of claim 25, wherein the step of prompting the user to select one or more help options to assist in completing the additional one or more electronic activities further comprises:

42

facilitating, by one or more processors, one or more virtual coaches to view the user complete the additional one or more electronic activities by a user;

in response to the one or more virtual coaches determining that the user is executing one or more mistakes in the completion of the additional one or more electronic activities, facilitating the one or more virtual coaches to prompt the user to select one or more help options to assist in completing the additional one or more electronic activities.

27. The computer-implemented method of claim 25, wherein the one or more help options is selected from a group consisting of:

a learning aid presented as the user completes the additional one or more electronic activities;

a redo selection presented as the user completes the additional one or more electronic activities; and

one or more tutorial selections presented as the user completes the additional one or more electronic activities.

28. The computer-implemented method of claim 21, further comprising:

automatically, by one or more processors, calculating a performance score of the user based at least in part on the performance data;

automatically, by one or more processors, calculating a self-awareness score of the user based at least in part on the self-awareness data;

digitally storing, by one or more processors, the self-awareness score and the performance score with the electronic record for the self-awareness training plan; and

identifying the one or more goals for the user based at least in part on the performance score and the self-awareness score.

29. The computer-implemented method of claim 21, wherein:

gathering the strategy data comprises:

facilitating, by one or more processors, completion of an additional one or more electronic activities by the user;

prior to the user completing the additional one or more electronic activities, presenting, by the at least one computer processor, the user with a dry run option for selection to perform a rehearsal iteration of the additional one or more electronic activities before executing the additional one or more electronic activities for evaluation;

gathering, by one or more processors, dry run self-awareness data based at least in part on determining whether the user opted to select the dry run option prior to the user completing the additional one or more electronic activities;

in response to determining that the user opted to select the dry run option prior to the user completing the additional one or more electronic activities, gathering, by one or more processors, dry run performance data of the user as the user completes the rehearsal iteration of the additional one or more electronic activities; and

modifying the executive function progression score for the user based at least in part on the dry run performance data and the dry run self-awareness data.